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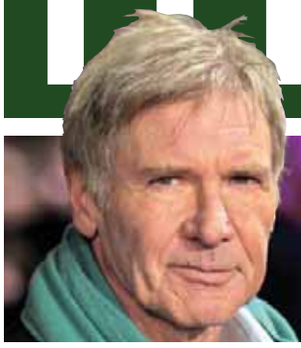

CRASH LANDING

Harrison Ford injured piloting vintage plane

PAGE 14

SCORE: EPIC ALFIE NETS CITY KEY

Former Ottawa Senators captain Daniel Alfredsson receives the key to the city from Deputy Mayor Bob Monette on Thursday night. The award is Ottawa's highest. The beloved Sens player leaves a legacy of 17 seasons with the team, plus volunteer work with the Boys and Girls Club of Ottawa and the Royal Ottawa Foundation for Mental Health. More coverage, page 8. MIKE CARROCCETTO/FOR METRO

Don't wait to skate, says climatologist

Weekend. Last days to get out on the canal are upon us: Weather expert

JOE LOFARO
joe.lofaro@metronews.ca

If you've been putting off that final skate on the canal because it was too cold in February, now is the time to do it, otherwise in the mind of one Environment Canada climatologist, you're a weakling.

David Phillips, senior climatologist with the government weather service, gave his warning to skating aficionados and you'd better listen to him.

"What we're seeing on the weekend may be absolutely ideal," he said in an interview with Metro Thursday.

Yes, it was the coldest February we've had in decades. Historically, the average temperature in Ottawa in that month is -8 C. This year, it dropped to an average of -16.2 C, according to Phillips.

And with spring around the corner and above-zero temperatures forecast starting on Monday, your days of sinking your cold teeth into a sizzling beavertail on the world's largest skating rink are numbered.

"If you don't go on this canal because the weather is too difficult, you're a wimp," charged Phillips.

"Because nobody can use weather as a reason for not going skating this weekend."

That's music to Lauren Bruce's ears. The 32-year-old Australian who now calls Toronto home says skating on the canal is on her bucket list, along with travelling to South America and flying in a hot air balloon. She will make her debut on the world's largest skating rink this weekend.

"Anything that's on your back doorstep ... is always an easy one to tick off and it's so accessible, so I thought, why not?" she told Metro Thursday from Toronto.

Being from down under, Bruce said snow is still a "pretty fun concept" for her. "It's such a beautiful way to enjoy winter." She arrives in Ottawa on Saturday.

Like Environment Canada, The Weather Network is calling for a slightly warmer March with a few "teasers" of spring-like weather. The real spring, however, likely won't arrive until April, they say.

Quoted

"If you don't go on this canal because the weather is too difficult, you're a wimp."

David Phillips, senior climatologist, Environment Canada

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2010 Matrix St#36344
load,a/c, 92,892km

$30 weekly $5,980

2009 Rio LX St#36189
std, 105,000km

$40 weekly $7,900

2009 Elantra St#35303
load,a/c, 76,685km

$50 weekly $9,980

2011 Aveo St#36170
a/c,roof,auto, 34,006km

$50 weekly $9,950

2008 Sportage LX St#35153
load,a/c,mags, 96,764km

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Daughter's misdiagnosed neck injury incenses woman

Health. Eight-year-old was sent home from Wakefield hospital and told to pop some Advil after suffering what turned out to be a slipped vertabra

Michelle Labranche and daughter Brianna outside the Wakefield Hospital after doctors there initially misdiagnosed Brianna's neck injury. TREVOR GREENWAY/METRO

An Ottawa woman is fuming after her eight-year-old daughter was sent home from Wakefield Hospital with a spinal injury when doctors initially called it a muscle strain. Two days later, a physiotherapist properly diagnosed it as a slipped vertebra.

Michelle Labranche said she worries that her daughter Brianna could have seriously damaged her neck because she was sent home from hospital without a neck brace and told to take Advil for the pain.

"It's a spinal injury, it's very serious," Labranche said, showing Metro a copy of her daughter's medical record, obtained from the hospital. The file shows that doctors diagnosed Brianna with a "painful contraction of the neck muscle."

"They didn't even put a brace on it. They left her in the waiting room for hours, in agony, an eight-year-old girl."

Physiotherapist Pamela Place, who later saw the girl and correctly diagnosed the condition, said the condition was not a major injury.

"They look for major things," said Place. "A few days later, the radiologist might see something. I don't think it was mismanaged."

It's still a scary injury for Brianna's family.

Metro sent queries two different times to the Wakefield Hospital Monday, but the calls were not returned.

The injury happened while Brianna was ice skating on Valentine's Day. After arriving at the hospital, the girl had to wait several hours to see a doctor.

When her time did come, doctors initially said the injury was a neck strain and told her to go home, take Advil and see a physiotherapist if it wasn't better in a week. Labranche had to request an X-ray after doctors thought it unnecessary.

When Brianna woke up the next morning, she had pain in her neck and back when she moved.

"I was terrified — we thought she had broken her neck," said Labranche. "She was having trouble walking and couldn't move her neck. We were asking her if she could feel her limbs. It was scary."

Labranche got her daughter into physiotherapy the next morning, on Feb. 17, as pain was now "shooting down her back."

Labranche said it took a few minutes for the doctor to fix the slipped vertebra.

"It was like instant relief for Brianna," said Labranche.

The Wakefield Hospital called in haste the following day and told her that a radiologist had noticed that Brianna had a slipped vertebra and started quizzing them on any numbness or tingling sensations in Brianna's limbs or any other mobility problems.

Obviously concerned, doctors booked her for a CT scan the next morning. The CT scan showed that everything was OK, but to Labranche the ordeal raises concerns.

"She could have slipped on the ice and she could have broken her neck," she added.

TREVOR GREENWAY/METRO

Number of frozen city pipes doubles

The cold weather continues to wreak havoc on the City of Ottawa's pipes.

As of Thursday, there were 128 properties without running water due to frozen pipes — that number doubled in less than a week. Of that amount, 32 properties were without water for more than 72 hours.

The city has contracted more electrical thawing and steamer equipment to warm the pipes. Crews are working 24-hour days to fix the backlog.

The city is handing out bottles of water.

On Friday, city staff reported 64 properties without running water and 26 without service for more than 72 hours.

LUCY SCHOLEY/METRO

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LGBT community reportedly targeted

The Village. Police say no victims have come forward to authorities, details are scant

JOE LOFARO
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Ottawa police say they have received reports of physical attacks targeting members of the LGBT community in The Village and are urging anyone with information to come forward.

Insp. John McGetrick said there have been four such attacks in the last five weeks, with the most recent one being on Feb. 27. All of them happened in the late evening or early morning hours.

The issue facing police is that no victims have reported the incidents to authorities and details are scant, according to McGetrick. The information was forwarded to the Ottawa Police LGBT Liaison Committee, of which McGetrick is police co-chairman.

"We can't investigate without a victim," he said, adding that it's not unusual for victims to not come to police.

"A lot of crime is under-reported and I think when you're dealing with a vulnerable community, I'd say it's even (more) under-reported."

The committee posted a message to its Facebook page on Feb. 28 asking residents to use caution when walking home after bar hours or late at night.

Victims who are reluctant to come forward should know that there is commitment on their part if they speak to a police officer, McGetrick added.

Once the matter is in the courts the Crown prosecutor is in control, but until then the victim is "in the driver's seat."

"If someone comes to us and says, 'I was attacked in The Village,' and after giving the interview says, 'You know what, I'm glad I reported this, but I'm just not up to any further action,' then that's fine. We end it there," said McGetrick.

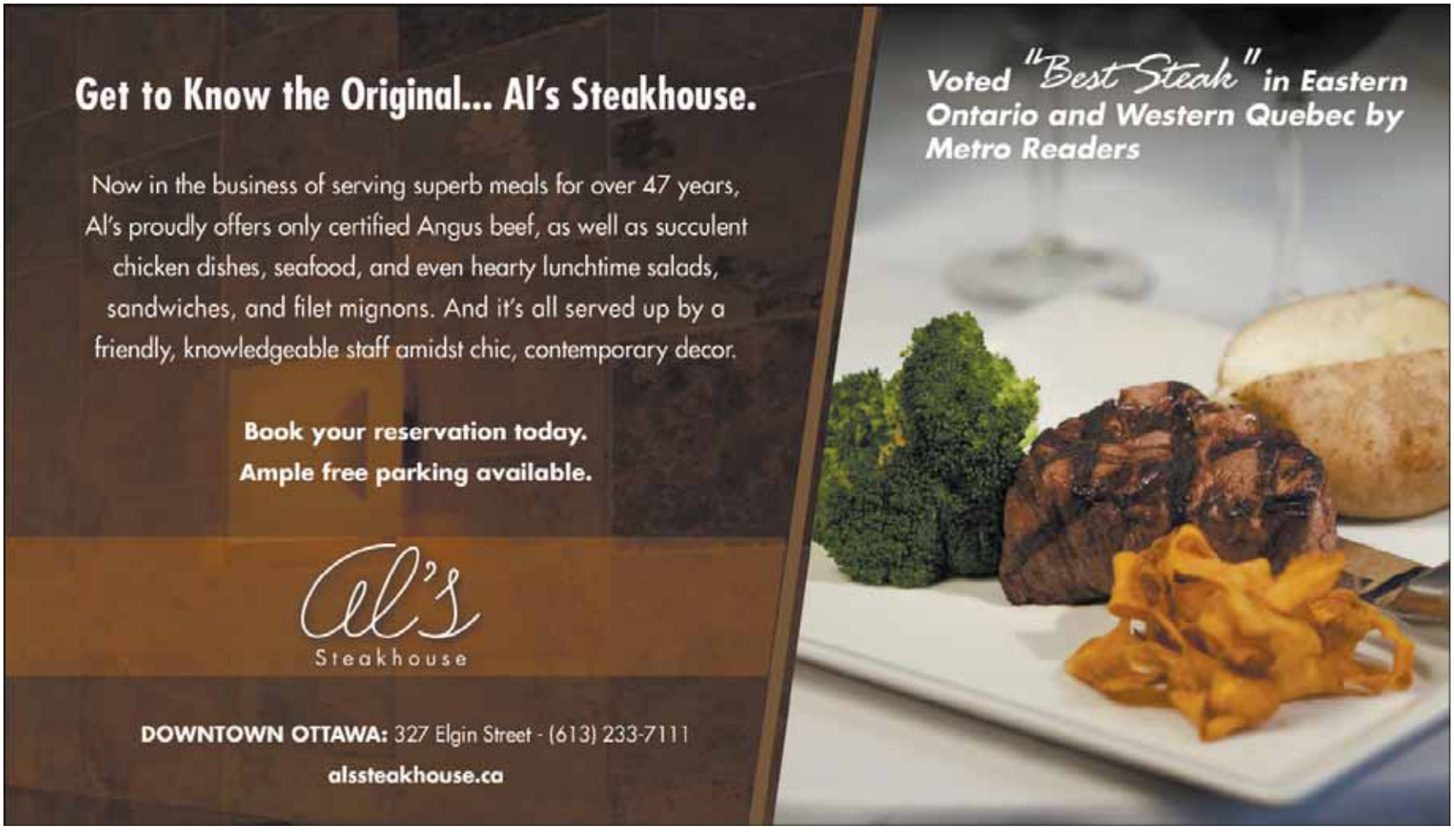
There is also victim support both in the Ottawa Police Service Victim Crisis Unit and with partner organization should anyone need help after reporting an assault or other crime.

Quoted

"A lot of crime is under-reported and I think when you're dealing with a vulnerable community, I'd say it's even (more) under-reported."
Insp. John McGetrick

Theatre of the hilariously gruesome

Andy Massingham, right, plays Kyle Best and John Ng plays his brother, Hamilton, in The Best Brothers — a comedy about two dissimilar siblings who are dealing with the hilariously gruesome death of their mother. The show, written by Nova Scotian Daniel MacIvor, is playing at the Great Canadian Theatre Company March 10-29. Tickets are available at the box office or www.gctc.ca. LUCY SCHOLEY/METRO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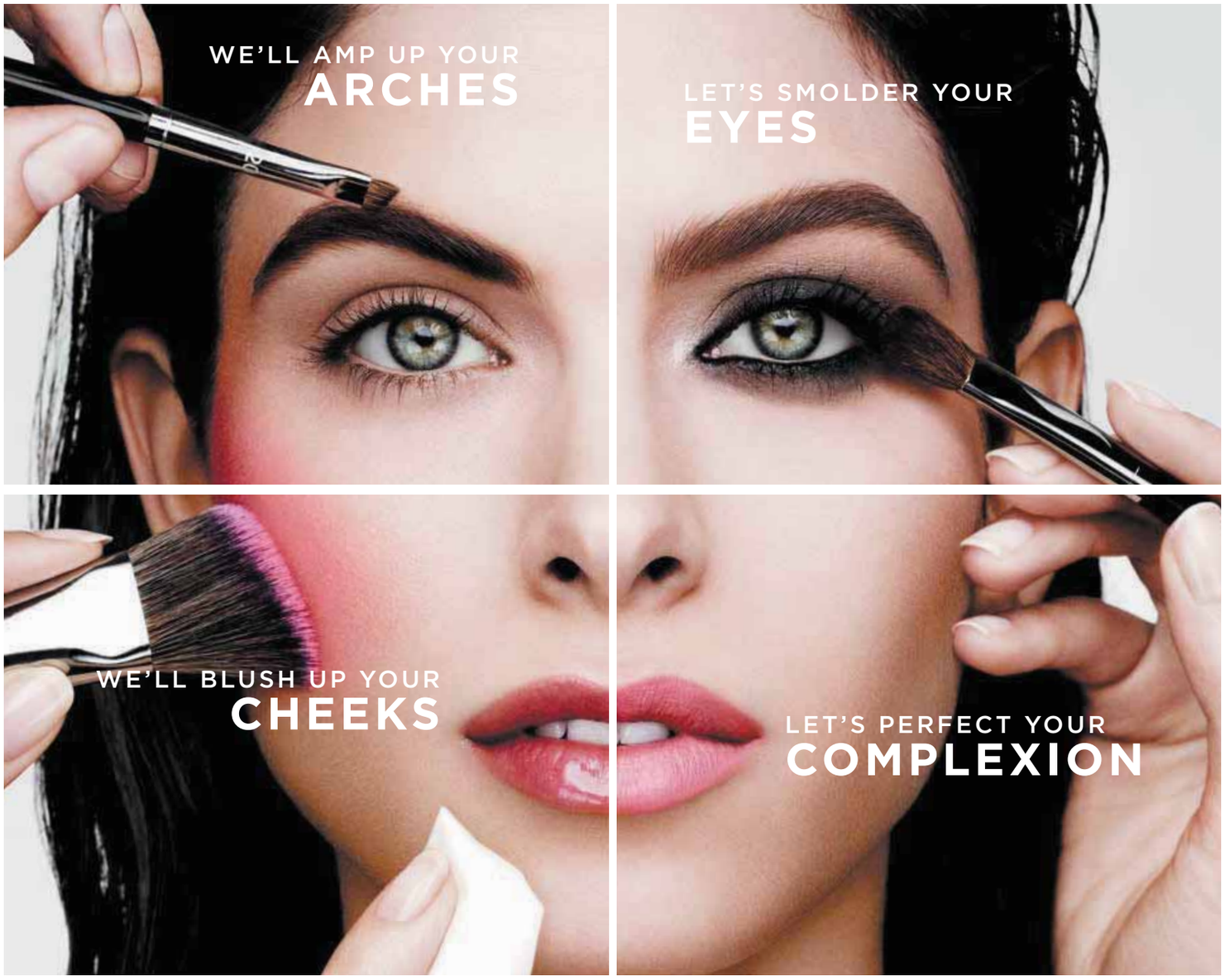

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RIDEAU CENTRE

Politics. NDP asks watchdog to investigate former Kenney aide

A New Democrat MP is asking the federal information watchdog to investigate a former Conservative ministerial staffer's systematic deletion of emails.

Charlie Angus, the party's access to information and ethics critic, wants information commissioner Suzanne Legault to look into Michael Bonner's practice of deleting his electronic messages every two weeks.

The former Jason Kenney aide's actions came to light in a recently published ethics commissioner's report that found Bonner had contravened the Conflict of Interest Act by accepting invitations to social galas from private organizations.

Bonner was a senior policy adviser to Kenney in 2013 when he served as minister of employment and social development. Kenney is now defence minister.

In conducting her investigation last year, ethics commissioner Mary Dawson was told Bonner could not provide any emails related to her examination because he had deleted them, as his usual practice was to discard them every two weeks.

She learned that deleted emails of ministerial staff remain on the computer server for about four weeks, but are then "lost forever" as they are not archived, her Feb. 26 report says. A request to the government's chief information officer for Bonner's emails turned up nothing, it adds.

The regular wiping of emails is deeply troubling, Angus says.

"If people are acting on the up-and-up, they should have nothing to worry about," he said Thursday in an interview.

Quoted

"I'm very worried that we're starting to see a pattern of obstruction of legitimate access to information by just deleting the files."

Charlie Angus, the NDP access to information and ethics critic

"I'm very worried that we're starting to see a pattern of obstruction of legitimate access to information by just deleting the files."

In a letter this week to Legault, he pointed to past instances of missing electronic government records — most notably in the Senate expenses scandal.

Torstar News Service reported in December that the federal revenue agency had destroyed all text message records of its employees and stopped electronically saving such messages.

The newspaper cited documents released under the Access to Information Act that said Shared Services Canada — the federal organization responsible for information technology services — had wiped the records last August.

That revelation prompted a complaint to Legault's office from Angus. He said Thursday the file remains open.

The information commissioner's office had no immediate comment on Angus' latest complaint.

THE CANADIAN PRESS

Dr. Hsiao-Huei Chen, a neuroscientist at the Ottawa Hospital Research Institute, helped lead a study on how a drug that controls appetite can also lower anxiety. JOE LOFARO/METRO

Appetite suppressant may lower anxiety, too

Research. Ottawa scientists call the accidental finding 'very safe and very effective'

JOE LOFARO
joe.lofaro@metronews.ca

Ottawa researchers accidentally backed up into a "promising" discovery that an appetite suppressant can be used to regulate the brain's own calming, marijuana-like compound.

That compound, endocannabinoid, acts like a thermostat in the body, controlling how anxious or calm a person is.

Dr. Hsiao-Huei Chen, a neuroscientist at the Ottawa Hospital Research Institute, and her research team found that a drug used to inhibit the production of a certain enzyme lowers both anxiety and obesity in mice.

The discovery was an accident, because the team at the time was examining a gene's effect on brain development. Tests showed the mice lacked the gene LMO4 and became obese and anxious.

That's when they discovered the enzyme PTP1B blocked the brain's natural marijuana or endocannabinoids.

"It's like a thermostat. This enzyme will control how much (brain-produced) marijuana is made," said Chen.

So the team repurposed an appetite suppressant drug called Trodusquemine and found it allowed for the so-called brain marijuana to regulate mood or anxiety disorders.

"Since there is a link between diabetes and anxiety we could target two different diseases at the same time," said Chen. "It's a very unconventional approach."

What sets this drug apart from others to treat anxiety, like Benzodiazepine, is there are no side effects like addiction or possible memory loss, according to Chen.

"You don't have to give too much and it will have a long-lasting effect."

Results from the OHRI study were published Thursday in Neuron.

Now that it's been tested in mice in Ottawa, Chen is looking to start clinical trials.

"It's a very, very new angle to treat anxiety," said Chen. "It's very safe and very effective."

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Alfie recognized with key to the city

Hockey. Former longtime Senators captain acknowledged for his city-wide efforts both on and off the ice

LUCY SCHOLEY
lucy.scholey@metronews.ca

It's no Stanley Cup, but Daniel "Alfie" Alfredsson scored a key to the city on Thursday evening.

The beloved former Ottawa Senators captain said he was humbled to be recognized for his work both on and off the ice.

"I think I'll always underestimate the recognition I get in this city," said the 42-year-old, before receiving the city's highest honour at a special ceremony. "The response I've been getting is overwhelming at times."

Alfredsson was busy in Ottawa — volunteering with the Boys and Girls Club of Ottawa, the Royal Ottawa Foundation for Mental Health and the Sens foundation — and said he has "surprisingly" enjoyed the downtime in his retirement.

"This is not going to sell a lot of papers," he joked, before talking about his different lifestyle post-NHL in Detroit coaching his two oldest sons' hockey teams and helping his kids with homework more often. Apart from the odd overtime game, NHL hockey has not been on his TV at home.

Quoted

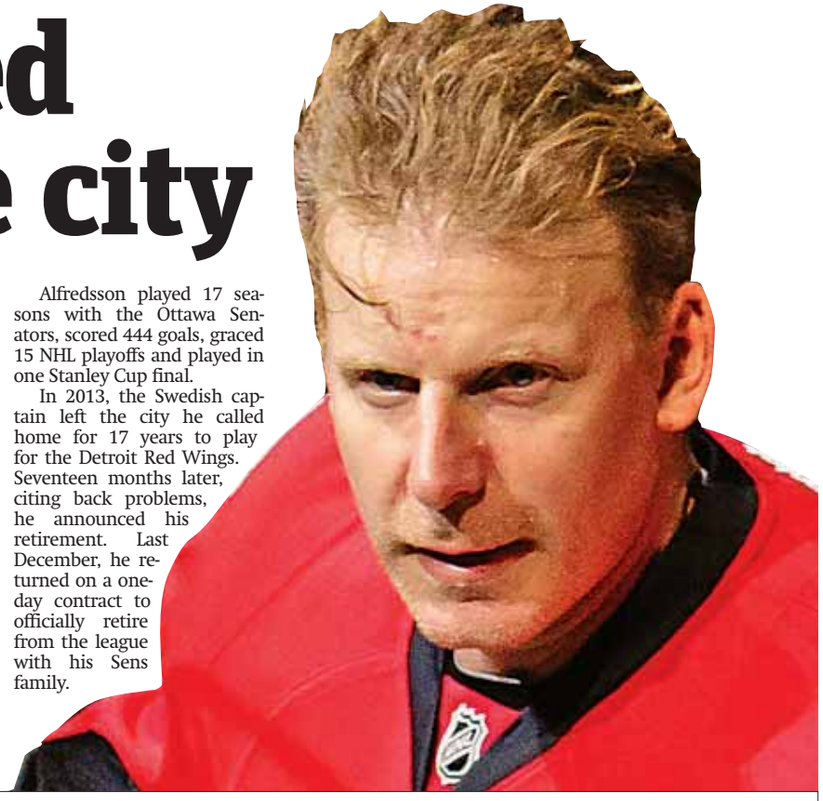
"I think I'll always underestimate the recognition I get in this city. The response I've been getting is overwhelming."
Daniel Alfredsson

"It's a grinding game. I can't say I miss it that much, but it's always going to be a big part of my life. There's no question," he said.

Deputy mayor Bob Monette was on duty to present Alfredsson with the key to the city, as Mayor Jim Watson was still recovering from a pelvic injury.

Alfredsson played 17 seasons with the Ottawa Senators, scored 444 goals, graced 15 NHL playoffs and played in one Stanley Cup final.

In 2013, the Swedish captain left the city he called home for 17 years to play for the Detroit Red Wings. Seventeen months later, citing back problems, he announced his retirement. Last December, he returned on a one-day contract to officially retire from the league with his Sens family.



Other recipients of the key to the city

BIG TIME

ENTERTAINER

Dan Aykroyd (1994)

He started acting at the Ottawa Little Theatre's improv class, leading to gigs like Ghostbusters and My Girl.

Alanis Morissette (1996)

A year after Jagged Little Pill hit the charts, the Juno and Grammy award winner received the key from her birth city.

Sandra Oh (2013)

The Grey's Anatomy actress might be the shining star of Nepean. Don't tell John Baird we said that.

Rich Little (1974)

The Ottawa-born Man of a Thousand Voices returned home for the city's highest honour. But the true question is how many impressions did Little do at the ceremony?

Lord and Lady Tweedsmuir (1935)

Ottawa's first gold-plated key was handed to the Governor General and Baroness at the time. This bookish couple – both were authors – created the prestigious Governor General's Literary Awards.

Elizabeth II (1951)

A princess at the time, Elizabeth II received the key to the city after disembarking the Royal train in Ottawa with the Duke of Edinburgh before 18,000 people.

PUBLIC SERVANT

Marc Garneau (1984)

He was the first Canadian astronaut in space in 1984. Today, he's the Liberal MP for Westmount–Ville-Marie. Otherworldly.

Barbara Ann Scott (1948)

Scott was given the key to the city after winning Olympic gold in figure skating in 1948.

Dominic D'Arcy (2006)

According to Bob Chiarelli, the "Singing Policeman" hit all the right chords for this city honour. D'Arcy is now retired from the Ottawa Police Service after 36 years of service. But he's still in tune with his musical side.

SMALL TIME

Royal Ottawa Mental Health Centre to honour former Sens captain

Daniel Alfredsson is staying an extra day in Ottawa for another award.

The Royal Ottawa Mental Health Centre is giving the former Ottawa Senators captain an Inspiration Award for his work raising awareness around mental health issues as a spokesman for the centre.

During his Key to the City ceremony on Thursday, Alfredsson said it had been "extremely rewarding" to hear people open up about their mental health issues.

"It's going to be emotional tomorrow, there's no question," he said. "I'm looking forward to going back and seeing a lot of people involved."

Michael Landsberg, host of Off the Record on TSN, will also be honoured with the Leader for Mental Health Inspiration Award.

The awards will be handed out Friday, March 6 at the Delta Ottawa City Centre. LUCY SCHOLEY/METRO

Philip Sayce gets back to his roots

The Rainbow. Guitarist revisits an Ottawa venue from his early days in rock 'n' roll

TREVOR GREENWAY
trevor.greenway@metronews.ca

Philip Sayce brings his gritty blues show to the Rainbow Bistro on March 12. COURTESY WARNER MUSIC CANADA

He may have toured the world and played on some of the biggest stages with Jeff Healey and Melissa Etheridge, but one of Philip Sayce's favourite places to play is still the Rainbow Bistro in little Ottawa.

The renowned guitarist, who has been compared to the likes of Jimi Hendrix and Eric Clapton, brings his muddy, gritty, high-energy blues show to the Bistro on March 12.

"I have a lot of love for the Rainbow," said Sayce.

"The Rainbow really created a place for me to play when I was just getting started. The intention is to get into the jams and get into the moment and try to connect to something spiritual."

Born in Wales and raised in Toronto, Sayce began playing guitar as a teenager and started showing up at open blues jams in the city. It wasn't long before his stellar playing caught the attention of Jeff Healey, who later took Sayce on tour for four epic years — years that Sayce called "a dream."

But Sayce isn't the type of guy who forgets where he came from. He still plays at open jams and jumps on any opportunity to connect with a smaller audience.

"I think you can have a very intimate experience at small clubs and very personal," he said.

"Whereas if you go see someone at an arena and there is 15,000 people, it may not feel as much like a one-on-one-type thing, but I think you can still be moved in the same way."

Influences

Besides his icon Jeff Healey, Philip Sayce touted three musicians that he looks up to:

- **Eric Clapton.** "He is just like a master chef. Anything I hear him play, it's like, 'Yeah, he is a magician artist.' A couple of brush strokes and it's perfect. He's totally in control. He's amazing."

- **Stevie Ray Vaughn.** "I can't think of anybody else whose music has bowled me over in that way. There is something coming through him every time he plays. He is just an example of purity in music. I feel like what's coming through him is the voice of God."

- **Stevie Wonder** "When I hear Stevie Wonder, I think about joy, I think about smiling. I don't even think about it; I feel Stevie Wonder. Complete mastery of music, whether its composition, playing an instrument, singing. He's a very special angel on this Earth to show everybody how it's done."

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Chief investigator fought to stay near Elections Canada

Overhaul of election laws. Yves Cote feared operational problems over forced move, documents show

Yves Cote, Canada's chief elections investigator, pushed hard against moving his operations out of the same building as Elections Canada. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Canada's chief elections investigator pushed hard against moving his operations out of the same building as Elections Canada, fearing it would interfere with his ability to investigate electoral wrongdoing and could taint evidence needed to prosecute offenders.

Yves Cote, the commissioner of elections, had already lost the battle last spring over Conservative legislation that severed his operations from Elections Canada — a move the government sold as providing him greater independence and freedom from bias.

Documents obtained under the Access to Information Act show Cote was fighting a losing battle over real estate as well. Cote feared a move to a separate building — rather than to an empty floor in the same government building that housed Elections Canada — would have a negative impact on "operational readiness, efficiency, cost, timing and security." Nonetheless, last month the commissioner and his two dozen investigative staff were moved a few blocks away from Elections Canada in Gatineau, Que. — at a cost of almost $3 million.

The move was compelled by the passage last June of the controversial Fair Elections Act, a sweeping overhaul of election laws which, among other things, split Cote's investigative shop from Elections Canada and placed it under the Director of Public Prosecutions. The Harper government maintained the split would insulate investigations from what it considers a biased electoral watchdog, despite the insistence of experts, including Cote, that Elections Canada never interfered in probes of wrongdoing.

Once the organizational split was confirmed, Cote raised practical concerns about keeping the disruption to a minimum.

In a June 6 email, Cote noted his office would continue to have "a great deal of contact" — often daily, during elections — with Elections Canada, which administers election laws and alerts investigators to complaints or suspicion of wrongdoing.

Moreover, Cote said his office uses specialized computer software developed specifically for Elections Canada which is housed on the agency's servers. It would be "very complicated," he wrote — underlining 'very' — to change that system and "could have serious operational consequences ... (and) could be quite expensive."

THE CANADIAN PRESS

Duffy. RCMP got timeline from Conservative party

The Conservative party helped the RCMP piece together Sen. Mike Duffy's whereabouts when he attended events with Tory MPs and candidates across Canada, details that could form part of the Crown's case when the trial opens next month.

But the question of what types of events are considered legitimate Senate business is a central issue sure to be hashed out in the courtroom.

Duffy faces 31 charges, including fraud, breach of trust and bribery of a judicial officer. When police filed the charges in July 2014, they referred to "inappropriate expenses related to personal and partisan activity."

The RCMP went on to cite a series of dates where Duffy allegedly filed travel expense claims "containing false or misleading information," but did not provide more details.

A source familiar with the case told The Canadian Press that the Mounties approached the party during their investigation with questions about Duffy's activities on several dates.

The party dug into its files and called on riding association officials to cross-reference those dates with any fundraising events Duffy might have attended, providing spreadsheets to the RCMP. They also handed over details of expenses reimbursed to him, said the source.

Two years ago, a Canadian Press report uncovered evidence suggesting Duffy had filed Senate expenses on some of the same days he was helping Conservative colleagues during the campaign.

A subsequent review by a Senate committee identified 49 days where per diems were allegedly claimed in Ottawa "during a time period ... that Senator Duffy does not appear to have been in Ottawa." After that review of dates in 2011-12, the file was forwarded to the Mounties.

The RCMP expanded the time frame, and included dates from 2009-12.

THE CANADIAN PRESS

Residence issue

The larger issue — whether Sen. Mike Duffy's primary residence was in Ottawa or in Prince Edward Island — formed the heart of the controversy that began to unfold in late 2012.

- Duffy claimed expenses for his home in Ottawa as a secondary residence. He reimbursed the Senate for $90,000 in expenses in the spring of 2013, with the help of a secret cheque from Nigel Wright, former chief of staff to Prime Minister Stephen Harper.
- In the end, Duffy was charged with bribery in connection with the $90,000 payment.
- The trial is set to begin on April 7.

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67's look to get jump on road-weary Knights

OHL. London squad in town for match tonight with home-ice advantage on the line

TREVOR GREENWAY
trevor.greenway@metronews.ca

Ottawa 67's forward Travis Barron takes a shot during practice Thursday. TREVOR GREENWAY/METRO

If you're a hockey fan, TD Place Arena is the place to be Friday night. Some of hockey's brightest future stars clash in what is expected to be a back-and-forth grudge match between the Ottawa 67's and the London Knights.

The OHL's leading scorer Mitchell Marner will be in town, as will world junior star Max Domi, to take on Travis Konecny, Dante Salituro and the rest of the Ottawa 67's.

Both teams are in third place in their respective divisions. Both have two elite-level players and both will be fighting for the points to secure home-ice advantage in the playoffs. In short, this will be some good hockey to watch.

"We have got to play in the offensive zone, because we know they have got some deadly guys up front. We don't want to play in our own zone against them," said 67's leading scorer Salituro.

He said the key to beating the deep-rostered London Knights Friday will be to exploit the team's exhaustion levels, as the Knights play in Peterborough Thursday before Friday's tilt in Ottawa.

"They are going to be on the bus, they are going to be driving here and they are going to have bus legs. We have to take advantage of that in the first period. We have to show them what we are made of."

Both the 67's and the Knights have clinched playoff spots, but 67's head coach Jeff Brown isn't taking the foot off the gas. He said the team needs to get better defensively before even thinking about making a deep playoff run.

"We expect to win every night, that's our attitude, it doesn't matter who is coming in," said Brown, just prior to Thursday's practice at TD Place Arena.

"We are going to have to improve and keep getting better or we are going to have no chance. You can never get tight enough defensively."

The team could make a deep playoff run if they get MVP-goaltending from the tandem of Leo Lazarev and Liam Herbst and if stars Salituro and Konecny rise to the occasion. But if the 67's want to go to the Memorial Cup, they will have to go through stacked teams like the Oshawa General, the Sault Ste. Marie Greyhounds and Connor McDavid's Erie Otters.

Puck drop is at 7:30 p.m.

Premier on campus

Premier Kathleen Wynne delivers a speech at a symposium on Women in Politics at Ottawa University on Thursday night.

FRED CHARTRAND/THE CANADIAN PRESS

Military. Watchdog blasts secrecy of suicide probe

A military watchdog has gone to court to challenge the secrecy of Canada's Defence Department and its refusal to make public its response to the investigation into a soldier's suicide.

The Military Police Complaints Commission has filed an application with Federal Court seeking to overturn the department's decision to keep secret its position on an independent investigation into the actions of military police officers.

"I find it absolutely outrageous. It's beyond the pale," said Michel Drapeau, a retired colonel and lawyer for the family of Cpl. Stuart Langridge.

"It's a public interest hearing made to investigate the conduct of military police.... We want to make sure our system of law is open and there is accountability," he told Torstar News Service on Thursday.

"They are operating as if they were outside the law," Drapeau said.

"For them to do that, within a civilian democracy ... at the 11th hour is to thumb their nose at an independent oversight body," he said.

He questioned whether Defence Minister Jason Kenney endorsed the decision or was even aware of it.

Langridge took his life at an Edmonton military base in 2008. The military police complaints commission, an independent body that oversees the military police, began its review of the case after complaints from his parents that the investigation into the death was poorly handled.

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Fighting words: Language and sexism enter into a new phase

INTERNATIONAL **WOMEN'S** DAY

Equality. Feminists have long debated the issue of sexist language. But with new coinage of mansplaining and manspreading, feminists are fighting back, using words to call out men's bad behaviour.

THANDI FLETCHER
Metro in Vancouver

Putting a name to men's bad behaviour can be empowering for women, says a language and literacy education professor. ISTOCK

Annette Henry is all too familiar with "mansplaining."

A language and literacy education professor at the University of British Columbia, Henry has a PhD and was previously head of her department.

Still, she often experiences situations where men patronizingly explain things to her, under the supposed assumption that she couldn't possibly understand because she's a woman.

"Just the other day a co-worker was explaining teaching to me," Henry said, adding with a laugh: "I mean, I've been teaching for 30 years. It's amazing to me that somebody would think I need a primer on teaching."

The issue of sexist language has been hotly debated within feminist circles since the 1960s, but today women are fighting back in a new way, inventing catchy words to call out sexist behaviour that many may not even be aware of.

"Mansplaining," a portmanteau that combines the words man and explaining, can be traced back to a 2008 article in which writer Rebecca Solnit detailed an experience at a party in which a man patronizingly attempted to tell her about a new book that, unbeknownst to him, she actually had written.

Although Solnit never used the term in her piece, it soon emerged within the feminist lexicon. A plethora of other portmanteaus soon followed, from manspreading to manslamming, manterrupting and bropriating.

The terms highlight a real phenomenon women face on a daily basis, but that many people remain oblivious to, said Henry.

Henry said she doesn't believe men are being intentionally "malicious or mean" when they mansplain or manterrupt a woman.

"I think often men don't realize," she said. "Sometimes, once they're told, they do, but not always. It's hard to undo a lifetime of habits and socialization."

But Janni Aragon, a political science professor at the University of Victoria, is concerned the terms have evolved to become an "attack" on men, which can undermine their effectiveness.

"It's like the shrill feminist," she said. "Now it's, 'Oh, you're just a mansplainer.'"

She hopes the terms spark dialogue on how words are used to label both men and women. For example, when women display leadership qualities they are often labelled "bossy," Aragon said, while a man in the same position will be praised for being "hands-on."

So what does mansplaining mean for the future of feminism?

With the coinage emerging at a time when dozens of women are also breaking their silence, coming forward with claims of sexual assault by high-profile men such as Bill Cosby and Jian Ghomeshi, Henry said it could be a sign we are entering a new phase of the feminist movement.

Putting a name to bad behaviour can be empowering for women, but Henry said there's still a lot of work to do to bring about social change.

"I think it's too early to tell (if it will make a difference) because they're relatively new terms," she said.

Glossary

- **Mansplaining:** A term to describe when a man patronizingly explains something to a woman, under the supposed assumption that she couldn't possibly understand because she's a woman.
- **Manspreading:** The male habit of sitting with legs apart and taking up too much space on a bus or subway.
- **Manslamming:** When a man is unwilling to make way for a woman coming in the opposite direction on a sidewalk, and pummels into her.
- **Manterrupting:** When a man interrupts a woman while she's trying to speak.
- **Bropriating:** When a man takes credit for a woman's idea at a meeting.

The experts' take

YES

"I just love these terms," said University of British Columbia language and literacy education professor Annette Henry. "The fact that women are naming these things and, of course, we're having a good laugh over it, too — I think it's a powerful thing."

Putting a name to behaviours such as mansplaining emboldens women, said Henry.

"Men walk through the world in ways that are so different from women, and we have to work harder just to get some kind of recognition."

Being able to label sexist behaviour opens up debate about how to bring about change, she said.

"The consciousness has evolved," she said. "Women are naming things that have always been a part of our experience."

Although naming these behaviours may be a step in the right direction, Henry said women still face many inequality in many ways that won't be solved overnight.

ANNETTE HENRY
Language and literacy education professor at the University of B.C.

IS THIS A GOOD THING?

NO

"It has a time and a place," said Janni Aragon, a University of Victoria political science professor. "We often need to think about the appropriateness of language."

While she would use the terms in casual conversation with friends, Aragon said they aren't appropriate in all situations — especially the workplace.

"What happens is this becomes part of our daily language use and we forget that we need to have a modicum of maturity and professionalism in the workplace," she said.

Instead of automatically labelling men as "mansplainers" or "manslammers," she suggests using the terms as an opportunity to talk about language and the ways we interact with others.

When someone "mansplains" or speaks to her in a patronizing manner, Aragon said, she will instead comment on it or repeat it back to them.

"What I've found is that usually the person will realize that they've just done something and clarify," she said. "Or they'll apologize."

JANNI ARAGON
University of Victoria political science professor

Canada in Iraq 'for the longer term': Nicholson

Military. Decision on whether to extend combat mission against ISIL will be made in the next few weeks, foreign affairs minister says

The Harper government is laying the groundwork for what has all the appearances of an extension of Canada's combat mission against the militants of the Islamic State of Iraq and the Levant (ISIL).

At the end of this week's whirlwind trip to Iraq and other allied countries, Foreign Affairs Minister Rob Nicholson dropped strong hints that an extension is in the offing when the current Canadian Forces combat mission expires on April 7. A decision will be made in the next two weeks by Prime Minister Stephen Harper and his cabinet, Nicholson said Thursday, peppering his comments with rhetoric about how Canada doesn't stand "on the sidelines" and leave the heavy lifting to others.

"We're in this for the longer term to make sure that we do what we can to help," he said in a conference call from Amman in neighbouring Jordan.

A senior defence official said Thursday that the next contingent of troops and aircrew are training for deployment to Iraq, if the government does decide to extend the mission.

"The military planners are ready to answer the government's call in whatever shape that might take," said navy Capt. Paul Forget. "That planning has been in the works for some time."

Forget was asked whether the military would be able to handle an expansion of the air campaign to Syria, or even eastern Libya, where ISIL has taken hold. Syria "would not be much of a stretch," he said, while underlining the government has not authorized such a move, but Libya would require the establishment of an entirely separate task force.

Nicholson travelled to Baghdad to meet the country's leadership and moved on to northern Iraq's capital of Irbil for meetings with Kurdish leaders. He said the trip would help the government assess whether to extend its six-month military commitment to the coalition fighting ISIL militants.

Progress is being made, but more needs to be done, said Nicholson, who visited some of the 69 Canadian special forces commandos who are advising Kurdish Peshmerga fighters.

THE CANADIAN PRESS

Involvement

Canada has also contributed half a dozen CF-18 fighter jets to the international coalition that is trying to diminish ISIL's strength.

- The special forces troops have been involved in firefights with militants, but Nicholson said he wasn't aware of any new incidents.

Seal takes a stroll in Halifax

Police officers pose with a seal found walking the streets of downtown Halifax early Thursday morning. The youngster, who had been in search of food, was directed home by police, right into the harbour. Around 12:30 a.m., two officers were patrolling an area downtown when a woman flagged them down to help a harbour seal who was hissing under her car. The animal then waddled down the street. Using "gentle persuasion," police wrapped the seal in a blanket and took it back to the harbour, according to a release. COURTESY HALIFAX REGIONAL POLICE

Montreal

Mail carriers on edge after attacks

Some Montreal letter carriers are on edge after several armed attacks involving two men who use knives and scissors to steal keys to mail boxes.

Union spokesman Alain Duguay said there have been a dozen such incidents in northeastern Montreal since the beginning of the year. One man usually distracts the carrier while the other approaches from behind and demands the keys, said Duguay, the local president of the Canadian Union of Postal Workers.

The assailants then use the keys to steal credit cards, passports and other important documents.

Some of the keys also provide access to apartment buildings.

Duguay said two of the attacks took place at community mail boxes, with the most recent incident occurring at the beginning of this week.

THE CANADIAN PRESS

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Drug smuggling

Indonesia rejects Australian offer of prisoner swap

Indonesian officials said Thursday they will reject an Australian offer to swap prisoners as part of a last-ditch attempt to save the lives of two Australian drug smugglers expected to face a firing squad within days.

Minister of Justice and Human Rights Yasonna Laoly said prisoner swaps might be possible for other crimes in the future, but not for people sentenced to death under Indonesia's tough anti-drug laws.

"When it comes to this crime, we will say no," he told reporters after meeting with President Joko "Jokowi" Widodo. THE ASSOCIATED PRESS

Britain

Prime minister accused of 'running scared'

Britain is counting down to its general election in just over two months — and the name-calling has begun in earnest.

Prime Minister David Cameron refused Thursday to take part in a head-to-head TV debate with opposition leader Ed Miliband, giving ammunition to rival parties who all jumped in to accuse Cameron of cowardice and "running scared."

"He is cowering from the public," said Miliband, who leads the Labour Party. "The British people deserve this debate. I'll debate him any time, any place, anywhere." THE ASSOCIATED PRESS

Ebola

Liberia releases last patient

Liberia released its last Ebola patient, a 58-year old teacher, from a treatment centre on Thursday, beginning its countdown to being declared Ebola free.

"I am one of the happiest human beings today on earth because it was not easy going through this situation and coming out alive," Beatrice Yardolo told The Associated Press after her release. As she walked out of the clinic, wearing a bright yellow shirt, hospital cap and a beaming smile, Yardolo kept thanking God and the health workers at the centre. THE ASSOCIATED PRESS

Harrison Ford stable after crash landing

L.A. Nobody on the golf course where he landed was hurt

Harrison Ford crash-landed his vintage airplane at a Los Angeles golf course Thursday, an official said. He suffered moderate injuries and was taken to a hospital.

The actor's single-engine plane went down at about 2:30 p.m. in L.A.'s Venice area, authorities said.

The pilot was breathing and conscious when he was taken to a hospital, where he was listed in fair to moderate condition, Los Angeles fire officials said.

Fire officials would not confirm the pilot's identity. However, an official familiar with the crash said it was Ford. The official spoke only on condition of anonymity because of privacy restrictions.

The 72-year-old Star Wars and Indiana Jones actor is an aviation enthusiast who often flies out of the Santa Monica Airport. Penmar Golf Course, where the crash happened, is just west of a runway there.

The plane appeared to be a World War II-era vintage training plane. It was mostly intact after the wreck, and Ford was the only person aboard.

Nobody on the ground was hurt, but people rushed the scene and started helping Ford.

Jeff Kuprycz was golfing when he saw the plane taking off.

"Immediately you could see the engine started to sputter and just cut out, and he banked sharply to the left," he said. "He ended up crashing around the eighth hole."

Kuprycz said the plane was about 200 feet overhead when it plunged to the ground.

"There was no explosion or anything. It just sounded like a car hitting the ground or a tree or something. Like that one little bang, and that was it," Kuprycz said.

Ford is cast to play swashbuckling space-age soldier-of-fortune Han Solo in his fourth Star Wars movie, set for release in December. THE ASSOCIATED PRESS

Engine failure

Harrison Ford reported engine failure shortly after takeoff and told air-traffic controllers he was returning to the airport before crash-landing his vintage plane on a nearby golf course in Los Angeles

- In a communication with the tower at Santa Monica Airport, the pilot said he was having engine failure Thursday afternoon and was making an "immediate return."

Harrison Ford's small plane lies where it crash-landed on Penmar Golf Course in the Venice area of Los Angeles on Thursday. The course is near the Santa Monica, Calif. Municipal Airport, just west of a runway. THE ASSOCIATED PRESS

'Like a horror movie': Woman recalls Boston bombing

Roseann Sdoia saw two flashes of white light at her feet near the finish line of the Boston Marathon, looked down, and for a split second thought to herself: I'm wearing strappy sandals.

She quickly realized, no — she was looking at her foot dangling from her mangled leg.

"Someone came running over to me and told me I had to get out of there. I told them I couldn't get up. I didn't have a leg," a sobbing Sdoia testified Thursday at the trial of Dzhokhar Tsarnaev in the 2013 bombing that killed three people and wounded more than 260.

Walking across the courtroom on an artificial limb plainly visible below the hemline of her skirt, Sdoia took the stand as federal prosecutors continued trying to drive home the horror of the attack in such graphic detail that Tsarnaev's lawyers objected — and were overruled.

Sdoia, who was at the race as a spectator, said she saw wounded people all around her, including someone covered with soot, completely dazed and "walking around like a zombie."

"It was almost like I was starring in a horror movie, as everybody else was around me," she said. Prosecutors also showed the jury a grisly photo of her shredded leg.

Tsarnaev, 21, could get the death penalty if convicted. His own lawyer admitted the former college student took part in the bombings.

But in a bid to save Tsarnaev from a death sentence, she argued that he was influenced by his older brother, Tamerlan, who was killed in a getaway attempt days after the bombing.

Before testimony began Thursday, Tsarnaev's lawyers complained to the judge that the survivors' testimony from the previous day was too gruesome and that such accounts should be limited. THE ASSOCIATED PRESS

Quoted

"Someone came running over to me and told me I had to get out of there. I told them I couldn't get up. I didn't have a leg."

Roseann Sdoia, spectator at Boston Marathon

Snuggie seller to pay $8M in deception case

The company behind the Snuggie, Perfect Bacon Bowl and other As Seen on TV products has agreed to pay $8 million US to settle charges that it deceived customers. The Federal Trade Commission said Thursday that Allstar Marketing Group promised customers buy-one-get-one-free promotions, but some were still charged for the items in the form of high shipping and handling costs. The FTC said customers were led to believe they would be getting two $19.95 products for less than $10 each but actually paid $35.85 when a processing and handling fee was applied. FACEBOOK

India targets BBC for defying broadcast ban

India's Daughter. Broadcaster aired controversial film in Britain after screening was blocked in India

India's home minister said Thursday that the government would act against the British Broadcasting Corporation after the BBC ignored a court order and aired a documentary about a fatal gang rape in which one of the attackers blames the victim.

India's Daughter, by British filmmaker Leslee Udwin, was set to be shown on Sunday — International Women's Day — in India as well as in Britain, Denmark, Sweden and several other countries including Canada. Police and the government got a court order that halted the screening, but the BBC aired the documentary in the United Kingdom late Wednesday.

Indian viewers cannot see it on the BBC website, but it could be seen on YouTube. The film has ignited a debate in India, where many worry it paints the country in a poor light.

In the film, Mukesh Singh, one of four men convicted and sentenced to death for the 2012 rape and murder, said: "A girl is far more responsible for rape than a boy.... A decent girl won't roam around at 9 o'clock at night.... Housework and housekeeping is for girls, not roaming in discos and bars at night doing wrong things, wearing wrong clothes."

In a statement Wednesday, Delhi Police said it feared that the film's screening had "created a situation of tension and fear amongst women in the society" and a ban on the documentary was required "in the interest of justice and maintenance of public order."

Activists and lawmakers have criticized the ban, saying that Mukesh Singh's comments only reflect a larger disrespect for women in Indian society. THE ASSOCIATED PRESS

Broadcast in Canada

CBC News Network says the documentary India's Daughter is scheduled to air in Canada on Sunday at 10 p.m. on The Passionate Eye.

Market Minute

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TSX 15,103.11 (+ 20.27)

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GOLD $1,196.20 US (- $4.70)

Natural gas: $2.841 (+ 7.2¢)
Dow Jones: 18,135.72 (+ 38.82)

Spam

CRTC fines Quebec company $1.1M

The CRTC is preparing to mete out a $1.1-million fine against a company it accuses of "flagrantly" flouting Canada's anti-spam legislation. Quebec-based corporate training company Compu-Finder has 30 days to contest the ruling. The CRTC alleges the company sent commercial emails to consumers without their consent and did not allow recipients to unsubscribe.
THE CANADIAN PRESS

Target Canada

Court clears sale of 11 leases

An Ontario judge has given Target Canada the go-ahead to sell leases on 11 of its Canadian locations to Oxford Properties Corp. and Ivanhoe Cambridge.

The value of the agreement is being kept under wraps until Friday.

The decision marks a small step in the liquidation of Target Canada, which made its insolvency filing in January.
THE CANADIAN PRESS

Employment. Job quality hits 25-year low: CIBC

The quality of jobs in Canada has dipped to its lowest level in a quarter-century, revealing a structural issue that could prove difficult to reverse, says a study by CIBC.

The bank said Thursday its employment quality index, which slipped 1.8 per cent last year, was down 15 per cent since the early 1990s.

The index examines the distribution of full- and part-time positions, the gap between self-employment and higher-quality jobs and whether full-time jobs were created in low-, medium- or high-paying sectors.

The study found that since the late 1980s the number of part-time positions climbed much faster compared with full-time gigs. On the bright side, it said the number of full-time jobs increased at twice the speed of part-time jobs over the past year. Over roughly the same period, self-employed jobs also rose more quickly than salaried positions. THE CANADIAN PRESS

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VOICES

ANTIBIOTICS OR NO, JUNK IS JUNK

THE KOHLER REPORT
By Rebecca Kohler

McDonald's announced this week that over the next two years it will start using antibiotic-free chicken in its restaurants.

While I can't argue that this is a bad thing — it's not — I couldn't help but giggle as I read the article in which I learned the news. In a statement addressing the change, head of McDonald's U.S.A. Mike Andres said, "Our customers want food that they feel great about eating." Ha ha. OK. Well, in that case, why don't you start by losing the name "McDonald's"?

I fully admit that I eat at Mickey D's — I think McNuggets are *delicious* — and, like many of the rest of you, suffer crippling guilt and gas every time I eat there.

But when I'm weighing the pros and cons of whether to go there, the antibiotic-infused chicken is, like, not even something that crosses my mind. I'm thinking about the fried-food issue, the sodium issue and the amount of money the guy behind the counter is making. I think about mass production and the fact that the chicken in my McNuggets is mechanically ground, sent down a conveyor belt, blended with a concoction of other ingredients and moulded into that familiar nugget shape.

Again, it's good that McDonald's is phasing out the use of antibiotics.

If we consume food that's been treated with the same antibiotics we might need should we suffer from an infection, our bodies get used to them and they become less effective; we become immune to the drugs. So the next time you have strep throat and your doctor prescribes antibiotics, your body won't be confused as to whether this is medicine or a McChicken.

I'm not knocking the announcement but I'm still laughing at the idea of McDonald's ever being a place I "feel great about eating" at.

In a similar bid to keep or find "healthy-minded" customers, last month, Coca-Cola introduced a new line of beverages in the U.S. called Fairlife — what Coca-Cola calls "premium milk."

To make the dairy-based potion, regular milk is broken down into five parts and then reconstituted into a lower-sugar higher-protein lactose-free concoction. While I applaud that effort, has Coca-Cola forgotten that one of the No. 1 nutrition trends of today is to consume fewer processed foods? There is nothing that sounds more unhealthy to me than a Franken-milk produced by Coca-Cola.

Bahahahahaha

I'm not knocking the announcement, but I'm still laughing at the idea of McDonald's ever being a place I 'feel great about eating' at.

Then again, maybe if it were made by Organic Meadow I'd be all over it?

Is this where having an amazingly successful brand starts working against you? McDonald's will always be McDonald's. It will always be associated with junk food. We've all seen Super Size Me. We all know (and if you don't, you should) that a Southwest Crispy Chicken Salad with ranch dressing has more calories than a Big Mac. Even when you try to eat "healthy" there, you still come out needing a prescription for Lipitor.

Do they really think a mom who wants wholesome food for her children will now come barrelling through the McDonald's door, saying, "No antibiotics?! Please, a Bacon Ranch Junior Chicken and a small fry for my boy! And do you have any of that Coca-Cola milk?!"?

It's kind of sad to see these two junk-food giants scramble to keep their customers in a time when being health-conscious is the coolest fad going.

Still, I find that quote from Mike Andres insulting: "Our customers want food that they feel great about eating."

Seriously, man? You're not an organic farmer — you're McDonald's.

Fast-food chains have been making attempts lately to offer more healthy options to their customers. There are more vegetarian options, fewer trans fats and better access to nutrition guides. Executives from dozens of companies have annual meetings to discuss how to reduce salt and sugar in their food. This is all great.

But at the end of the day, fast-food restaurants also need to embrace what they are: proprietors of unhealthy food that customers flock to because we all — every once in a while — crave cheap, quick, greasy and sodium-rich food that tastes great going down, regardless of what it may do to our bodies later.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

Happy face/Sad face

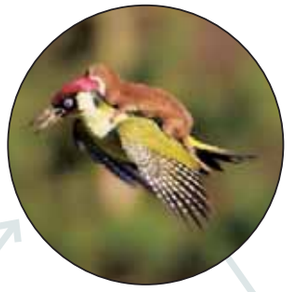
From Vulcan currency to flying weasels, Metro weighs in on the news that made headlines this week:

EID TO BECOME A SCHOOL HOLIDAY

The New York City public school system is set to observe a pair of Muslim holidays for the first time. School will close for Eid al-Adha in September, and summer school will close next year for Eid al-Fitr in 2016. They are the first Muslim holidays to be recognized by the nation's largest school system.

STOP SPOCKING YOUR FIVES

No, technically it's not illegal, but the Bank of Canada is still imploring Leonard Nimoy fans to stop "Spocking" their five-dollar bills. The trend of doodling on Wilfrid Laurier's face, to make him look like Spock, picked up momentum this week after the famous Star Trek actor passed away.



HITCHING A RIDE

It's one of the coolest nature shots we've seen in a long time. U.K. photographer Martin Le-May captured, on camera, a weasel hitching a ride on the back of a woodpecker. The incredible photo, which shows the weasel clinging to the flying bird, has gone viral.

PINK SHIRT BULLIES

Sometimes irony can be funny — not in this case. A Calgary woman says her son was swarmed, hit and pushed into an icy puddle for wearing a pink shirt to school on Pink Shirt Day, which raises awareness about bullying. The boy's mom says the school has done little to address the incident, while the school described the situation as "complex."

EASTER NOG

If you've ever wondered, "Hey, why doesn't Easter have its own beverage, like Christmas?" then wonder no longer. An Illinois dairy has teamed up with Peeps (those chick-shaped Easter marshmallows) to make Peep-flavoured milk: Chocolate Marshmallow, regular ol' Marshmallow and something called Easter Egg Nog. Because, you know, Easter needs more sugar!

metro

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From small things, big things come

Analysis. Countless filmmakers have used shorts as inspiration for their big-screen projects

Chappie, opening this weekend, had its beginnings as director Neill Blomkamp's short Tetra Vaal, which asked the question: What would happen if we could build a robot to police developing nations? CONTRIBUTED

The word 'short' has many meanings.

Pair it with 'pants' and it evokes memories of childhood summers. Match it with the syllables 'and sweet' and it conjures up a pleasant feeling.

But when you partner it with the word film, as in short film, you open up a world of possibilities.

Just ask Tim Burton, Paul Thomas Anderson or Sam Raimi.

Each of them started by making shorts, several of which were later expanded upon to become well known features.

Burton's Frankenweenie first saw life as a Disney short way back in 1984. The Dirk Diggler Story is the 1988 mockumentary short written and directed by Anderson that became the basis for Boogie Nights and Within the Woods was the short calling card that helped Raimi get Evil Dead made.

Short films inspired two of this weekend's big releases.

The Babadook is the feature directorial debut of Australian Jennifer Kent. The horror movie plays up the most terrifying aspect of a primal relationship — the bond between mother and child — coupled with a young boy's fear that a storybook beastie, the titular Babadook, is going to spring from the page and eat them both.

In Focus

RICHARD CROUSE

The ideas that make The Babadook so unsettling first took shape in a 10-minute short called Monster, which screened at 40 festivals worldwide.

"I had a friend who had a child that she was really having trouble connecting with," Kent told Den of Geek.

"He was little and he kept seeing this monster man everywhere. The only way she could get him to calm down was to get rid of it as if it was real.

"And then I thought, well what if it was actually real? That's how the short idea came about."

Eleven years ago District 9 director Neill Blomkamp's short Tetra Vaal asked the question: "What would happen if we could build a robot to police developing nations?"

The answer may lie in his new feature, this weekend's Chappie.

The South African-born, Vancouver-based director said Chappie is, "basically based on Tetra Vaal," with the spirit of the South African rap-rave group Die Antwoord infused in the story.

The one minute and 20-second short features Blomkamp's signature mix of gritty realism and high-tech, computer-generated images and stars the "ridiculous robot character" with wild rabbit ears — inspired by Briareos from the manga Appleseed — played by Sharlto Copley in the big-screen adaptation.

Blomkamp said he made his shorts as "a collection of work so I could get representation as a commercial director," but they soon opened a world of possibilities for him when they caught Lord of the Rings director Peter Jackson's eye.

To paraphrase Dave Edmunds, "from small things, baby, one day big things come."

Richard's ratings

Chappie

The Second Best Exotic Marigold Hotel

Kidnapping Mr. Heineken

The Babadook

SCENE

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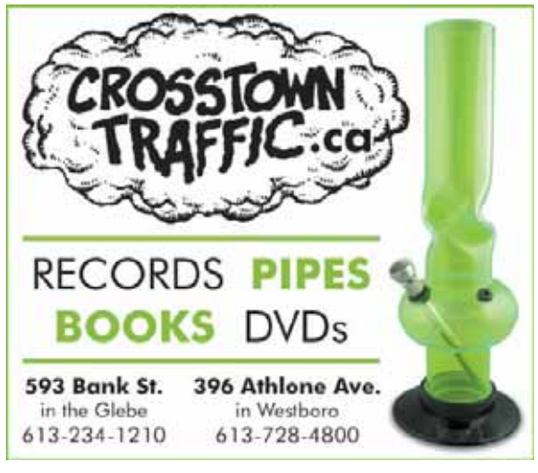


Exposing an all-too-common crime on campus

Documentary. Filmmakers examine controversial handling of sexual assault claims in U.S. schools

MATT PRIGGE
Metro in New York City

The makers of The Hunting Ground say they were compelled to create the documentary after hearing the stories of students whose assaults had been disregarded. STILL FROM THE HUNTING GROUND

The Hunting Ground is Kirby Dick and Amy Ziering's second documentary in a row on sexual assault being ignored by institutions.

The Invisible War concerned the military; The Hunting Ground zeroes in on college campuses. They found administrations badly handling, if not outright ignoring, sexual assault charges, leaving survivors to band together to form activist groups. Together, Dick and Ziering have been responsible for several muckraking docs, including Outrage (about closeted Republican politicians) and This Film is Not Yet Rated (about the MPAA).

The Hunting Ground seems like a natural outgrowth of The Invisible War. Was that how it started?

Amy Ziering: In the course of going around campuses showing Invisible War, time and again students would come up to us and say, "This happened to me here. A lot of what you pointed out happening in Invisible War happened right here at Occidental or at Berkeley." We started getting letters that said, "I saw Invisible War. Please make a film about this." After a few months we sat down and said, "We can't not make this film."

Kirby Dick CONTRIBUTED

What can film do for this issue that, say, a book or an article cannot?

Kirby Dick: First of all, in these cases, you're hearing the survivors' stories. You're seeing them recount them. That's a lot different than reading about it in print. Secondly, a film can just compact everything. It can compact the analysis of a problem with the emotional experience of the survivors into one very intense package that will stay with the viewers.

AZ: I also think our culture is so ADD and fragmented — when else do you have someone's attention for 90 minutes? It's one form you can still get people to sit there and percolate on something that allows for them to have a transformative experience.

The Hunting Ground is ultimately a hopeful film, as you show that there are survivors forming groups that reach out across the nation.

AZ: I think they felt like there was finally space in our culture to hear about these crimes, where people were not passing judgment on everyone involved with them. I think we're seeing a shift there. I was surprised by the number of people who spoke about it publicly, about what happened to them, and felt it was necessary to do.

What kind of responses have you heard from schools so far?

KB: There's been an incredible response from colleges and universities in terms of programming the film. We already have dozens of screenings scheduled around the country. And we've had dozens of more inquiries. That is a good sign. It's one reason we made the film. We felt there would be a real opportunity to show the film on campuses across the country, and have those schools see the problem, the activists and survivors to start pushing for change and the administrators to understand the nature of the problem and find ways to change it, school by school by school.

What can they do to change?

AZ: The schools need to improve their investigation and adjudication processes. It's not about anything these survivors could have done differently. That's a very important point. As much as we love the other work that has been done in the field so far, to some extent it still does put the blame on the people it's happening to and not the people who are doing it.

I'd love to see these crimes to be seen in line with other crimes. You don't sit there and go, "What could have been done differently by someone who's been carjacked?" Or "Gee, he really should have prevented that murder?" Bad stuff happens, and this is something that is really bad.

Tina Desai is feeling good as Marigold

Movies. Indian actress joins ensemble cast once again in The Second Best Exotic Marigold Hotel

NED EHRBAR
Metro in Hollywood

Get to know Tina Desai, currently starring in The Second Best Exotic Marigold Hotel, and coming soon to Netflix in the Wachowskis' Sense8.

Performance that inspired you to become an actress:
Shah Rukh Khan's performances. He's just a force in India, and of course I was one of those who was affected by his charms. I became an actor because I realized his films made such an impact on my life.

Perk of fame you're most looking forward to taking advantage of:
Free makeup! I was just offered that by my makeup artist. It doesn't get better. Oh, and when you get to travel a bit more. And you get to stay at Claridge's, which I hear is such a big deal.

First celebrity crush:
Hmm … (Indian film actor) Shah Rukh Khan.

The last thing you Googled:
Let me check and tell you (looks at phone). The weather. The weather in London. I wanted to know whether I would freeze or not at the premiere.

Last book you read:
I'm still reading it. It's Elmore Leonard's Freaky Deaky. It was a gift to me from (English actor) Bill Nighy, actually, because I was reading some other books that he completely trashed and said, "You will not read this!" It was a controversial writer who he felt really strongly about.

The best person to follow on Twitter or Instagram:
Ellen DeGeneres. She's really funny. I love following her. There's also Obama, because I'm interested in politics. And now there's Narendra Modi, our prime minister, who's extremely tech-savvy.

Tina Desai in The Second Best Exotic Marigold Hotel. CONTRIBUTED

What happens after you die:
I don't know myself. There are so many people that say you go to heaven, you go to hell, you come back to earth reincarnated. I don't get any of them. I would prefer that you just die and that's it, nothing happens after. That makes a little bit more sense. You come here, you do your thing and that's it.

Ideal Saturday night:
Oh, I just entered the party phase. I used to be the one who would sit at home and read a book and chat with people over the phone, but I've been given more liberty. I live with my family and I used to have a deadline of 10 o'clock but now it's 2 o'clock, so it's very exciting. I actually can go out and dance. That's probably boring, that's probably what you did when you were 16, but I've only just started.

Dream role:
Two things really excite me, though I have no idea how I'll do them. One is to do something completely fantasy-based, like a Pirates of the Caribbean or a Harry Potter or Lord of the Rings, which is something that's completely based on imagination, so you can do whatever you want. I don't know how strong my imagination is, I might completely muck it up. The other one would be to do a biopic, and then you have no freedom. You have to completely follow that person, look like them, talk like, think like them. Those are both extremely difficult, but I think they would be fun. I really think I might muck it up like hell, but I don't know and it seems challenging.

Role no tiptoe through the Marigolds, Judi Dench says

Acting. The British Dame of filmdom revisits her Best Exotic Marigold Hotel role

This likely won't make any other actors feel too great about their prospects, but even Judi Dench says that finding work is tough. And that's after winning an Oscar, becoming a dame and appearing in seven James Bond films. So what hope does the rest of the acting community have?

"I take what's offered. I don't think it gets easier," Dench offers. "It's the same thing with everybody, I think, that you play something, and very often after that you're sent something that is very, very similar to what you've just done.

While she waits for some enterprising young playwright to craft something more exotic for her, Dench is revisiting some previous work for a sequel to the 2011 surprise hit The Best Exotic Marigold Hotel. And while it might sound surprising for a woman who has played some fairly terrifying and challenging roles, aging expat Evelyn proved to be one of her most difficult — because the character is so close to herself, while she prefers to play people as much removed from her as possible.

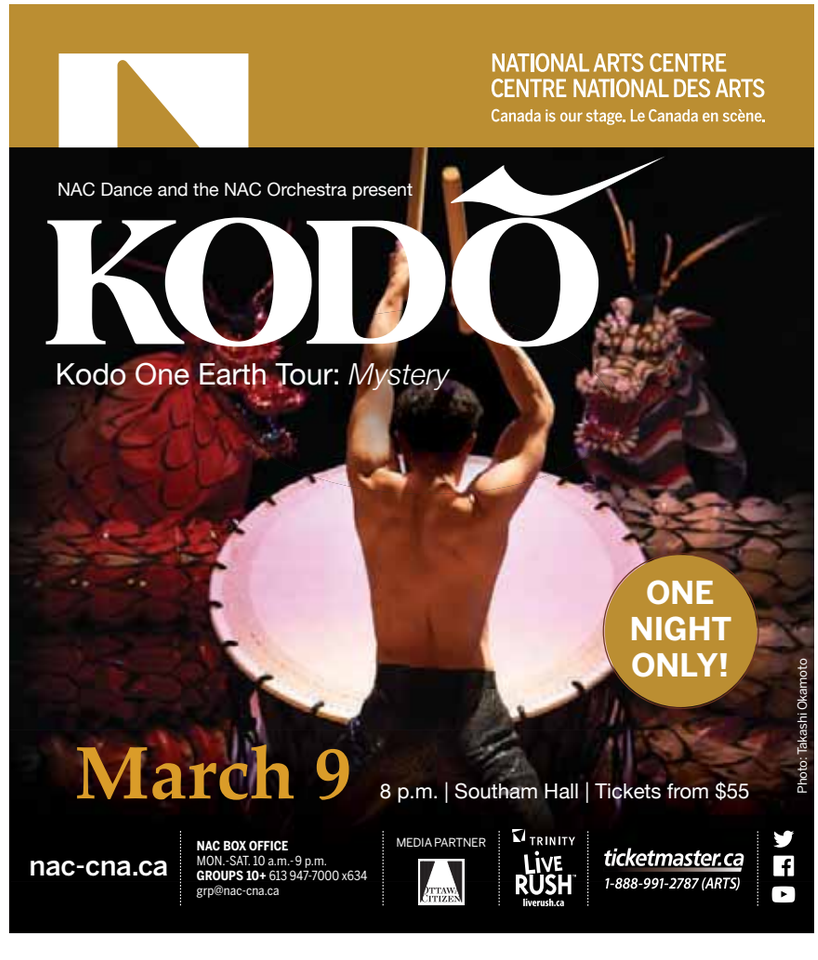
Judi Dench with Marigold co-star Bill Nighy. CONTRIBUTED

"Four years ago, the one thing that worried me was that I used to be made up and get into my clothes and they'd say, 'OK, you're ready.' And I'd look into the mirror and I'd think, I don't know where this person is because all I see is me looking exactly like me wearing clothes that I would wear," she admits. "We tried lots of things, like dying my hair, but none of it worked. I just looked ridiculous. So I did find that very, very difficult indeed."

The discomfort clearly paid off, though. Dench admits the success of the first Marigold Hotel was something of a surprise, but she has a theory as to why it resonated with audiences so strongly. "I think it was probably the last thing people thought it was going to be," she says. "It was about a lot of people over a certain age who didn't give up, who were all prepared to take on a risk of some kind and had a bit of life left in them — which you know, after a while people don't think you should have."

So, then, how about a third instalment, continuing on the surprise franchise? "Oh, a third one. Wouldn't it be heaven? Wouldn't it be? I'm up for that," she says. And she even has an idea of how the casting department could top the addition of Richard Gere in this film. "Johnny Depp. Especially playing with me," she says, giggling uncontrollably. "What's the magic in Johnny Depp? Sex, of course."

NED EHRBAR/METRO IN HOLLYWOOD



Young filmmaker achieves serious success with Mommy

Film. Xavier Dolan wins award for highest-grossing French-language film in 2014

Quebec filmmaker Xavier Dolan didn't just have one of the most critically acclaimed Canadian films of 2014 — it was also one of the most popular.

Mommy, a story about a single mother raising her troubled son, won a Telefilm Canada prize Wednesday for having the highest domestic sales for a French-language Canadian film in 2014.

The film was written and directed by Dolan and made $3.3 million in domestic sales. Dolan said its success reflects the diversity of Quebec's movie's industry.

Pride in the product

What this (award) says is that there was a public for Mommy, that people went to see the film and that they liked it — and I couldn't be happier with that.

Xavier Dolan

He added that while it was important for critics to like his movie, he wanted Mommy to reach a wide audience.

"It's (very) important that the people take the time to see your film," he said. "Otherwise you can't just make movies for mom and dad and a couple of critics. You want people to talk about the film and to bring it home."

Telefilm Canada's prize, called the prix Guichet d'or, is the French-language equivalent of the Golden Box Office Award, which is awarded to the highest-grossing English-language Canadian film. Dolan also received a $40,000 cheque from Telefilm Canada. He said he was particularly pleased with the award because it confirms an authentic creation can also be a commercial success.

"What this (award) says is that there was a public for Mommy, that people went to see the film and that they liked it — and I couldn't be happier with that."

Since its release last May, Mommy has won numerous awards including the Cesar Award in France for best foreign film as well as the Jury Prize at the Cannes Film Festival. It also won nine trophies at the Canadian Screen Awards.

THE CANADIAN PRESS

Actor and director Xavier Dolan. RYAN REMIORZ / THE CANADIAN PRESS

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Docs. DiCaprio, Netflix join forces to create green documentaries

Hollywood A-lister Leonardo DiCaprio is working with Netflix to produce a series of documentaries with an environmental and conservation focus, the online streaming giant said Wednesday.

The 40-year-old will serve as producer or executive producer on fact-based programs under the partnership deal between Netflix and his production company Appian Way.

DiCaprio and the pioneering streaming service first worked together on Virunga, a documentary set in Virunga National Park in the Democratic Republic of Congo. The film was nominated for an Oscar this year.

"Working with Netflix on Virunga has sparked a shared vision about projects that we want to develop and bring to viewers," said DiCaprio, in a statement announcing the plans for programs to premiere exclusively on Netflix.

"There's never been a more critical time for our planet or more of a need for gifted storytellers to help us all make sense of the issues we face."

He added: "Through this partnership with Netflix, I hope to give documentary filmmakers doing urgent and important work the chance to have their films seen immediately by audiences all around the world."

AFP

Actor Leonardo DiCaprio walking down 6th Avenue during the People's Climate March last fall in New York. AFP PHOTO/TIMOTHY A. CLARY

Sci-fi sequel

Young actor to follow in Will Smith's footsteps

Jessie Usher will play the son of Will Smith's character in the sequel to the science-fiction blockbuster, which Roland Emmerich will return to direct. Just after turning 23, the actor has picked up a major role in Independence Day 2, which will also star Liam Hemsworth and Jeff Goldblum. In the followup to the 1996 film, Jessie Usher will play Dylan Hiller, the son of the alien-fighting pilot Captain Steve Hiller, played by Will Smith two decades ago. AFP

Now in theatres

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Action & Adventure

Chappie

Director. Neill Blomkamp

Stars. Hugh Jackman, Sharlto Copley

In the near future, crime is patrolled by an oppressive mechanized police force. But now, the people are fighting back. When one police droid, Chappie, is stolen and given new programming, he becomes the first robot with the ability to think and feel for himself.

Rotten Tomatoes™ score
Critics: 20% **Audience:** + 96%

Comedy

Unfinished Business

Director. Ken Scott

Stars. Vince Vaughn, Dave Franco

A hard-working small business owner (Vince Vaughn) and his two associates (Tom Wilkinson, Dave Franco) travel to Europe to close the most important deal of their lives. But what began as a routine business trip goes off the rails in every way, including unplanned stops at a massive sex fetish event and a global economic summit.

Rotten Tomatoes™ score
Critics: 33% **Audience:** + 75%

Comedy

The Second Best Exotic Marigold Hotel

Director. John Madden

Stars. Judi Dench, Maggie Smith

Now that The Best Exotic Marigold Hotel is full with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel.

Rotten Tomatoes™ score
Critics: 73% **Audience:** + 89%

Drama/Comedy

Focus

Director. John Requa, Glenn Ficarra

Stars. Will Smith, Rodrigo Santoro

A con artist (Will Smith) takes on an inexperienced apprentice in this crime comedy from the filmmaking duo behind Crazy Stupid Love: Glenn Ficarra and John Requa.

Rotten Tomatoes™ score
Critics: 55% **Audience:** 62%

Comedy/International

After The Ball

Director. Sean Garrity

Stars. Portia Doubleday, Chris Noth

Kate's dream is to design for couturier houses. Although she is a bright new talent, Kate can't get a job. No one trusts the daughter of Lee Kassell, a retail guru who markets clothes "inspired" by the very designers Kate wants to work for. Reluctantly, Kate joins the family business where she must navigate around her duplicitous stepmother and two wicked stepsisters.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 71%

Drama

McFarland

Director. Niki Caro

Stars. Kevin Costner, Carlos Pratt

From Disney comes McFarland, the true against-all-odds story of the 1987 McFarland high school cross-country team in an economically challenged community.

Rotten Tomatoes™ score
Critics: 79% **Audience:** 92%

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Jared Keeso, left, is the star of a new Canadian TV series based on his online series of shorts, Letterkenny Problems, about growing up in rural Ontario. CONTRIBUTED

YouTube star turns rural boy sketches into comedy series

On-demand. Jared Keeso's TV comedy based on online shorts Letterkenny Problems

The crass musings of a country boy named Wayne are leaping from YouTube to CraveTV.

Bell Media says its on-demand streaming service has commissioned its first original Canadian series — a six-part, half-hour comedy called Letterkenny that will star 19-2 actor Jared Keeso.

The show is based on Keeso's Internet venture Letterkenny Problems, a five-part series of shorts that has garnered millions of views. Like the online version, the series will centre on a country boy named Wayne and his life on the farm in Letterkenny, Ont.

"It will be as filthy and crass and unintelligent as it was in the web sketches," Keeso promised Thursday during a break from writing scripts in Toronto.

"We don't want to mess with a good thing there. We want to give the audience something that they're already familiar with."

Keeso, from Listowel, Ont., is billed as creator, executive producer and co-writer. The Trotsky writer-director Jacob Tierney will executive produce, direct and co-write and Keeso says additional advice comes from Goon and Fubar director Michael Dowse. Nathan Dales will co-star as Wayne's sidekick, Daryl.

Letterkenny was commissioned in partnership with The Comedy Network, which will also air the series.

Keeso said creating the series has been fun so far, but he admits it's new territory for him. Best known for playing beat cop Ben Chartier on Bravo's cop drama 19-2, Keeso notes he's never been paid to write before.

"There's pressure there, and there's deadlines, that's something that's new. With YouTube I could always kind of operate on my own time."

Production begins in northern Ontario this summer. THE CANADIAN PRESS

Hicks, skids and hockey players

Keeso, who won a best actor CSA Sunday for role in 19-2, said the stories are drawn from personal experience.

- "This is something that comes from my own hometown, Listowel, Ont. I'll be pulling from a lot of first-hand experience there, growing up in a town where getting your (butt) kicked is a legitimate concern on a day-to-day basis," said Keeso, who divides the community into "hicks," "skids," and "hockey players."
- "We'll explore the different groups in the town, why they don't get along."

Jared Keeso THE CANADIAN PRESS

Canuck writer catches lucky comedy shake

Television. Tim McAuliffe teams up with star Will Forte for new comedy The Last Man on Earth

The Last Man on Earth airs Sundays on Fox. FRANK OCKENFELS/FOX

Tim McAuliffe remembers the very day he began working on The Last Man on Earth, which airs Sundays on Fox.

It was last St. Patrick's Day, March 17.

"There was a small earthquake that morning," the Canadian writer says on the phone from his home in Los Angeles. "They called it the 'Shamrock Shake.'"

The quake seemed like a perfect way to begin crafting a comedy set in a post-apocalyptic world.

McAuliffe joined a writer's room headed by creator, executive producer and star Will Forte (Saturday Night Live). Forte had teamed up with red-hot executive producers Phil Lord and Chris Miller (The Lego Movie) to make a series about a very average guy who — after a deadly virus seemingly wipes out everyone else — finds he's humanity's last hope.

The series opened strongly last Sunday on Fox in the U.S., winning its time slot among younger viewers. Most critics loved it too, with The Hollywood Reporter's Tim Goodman heralding it as "a significant deviation from the safe comedic norm of television."

Originally from Montreal, McAuliffe started his career at MuchMusic in Toronto before earning his comedy chops in Halifax working on This Hour Has 22 Minutes. He followed 22 Minutes with a writing stint on Corner Gas and then worked on both sides of the border. He created Satisfaction for CTV in Toronto and wrote for Jimmy Fallon's Late Night in New York and The Office in L.A.

While writing for the short-lived Will Arnett NBC comedy Up All Night, he hit it off with guest star Forte. When Fox gave Last Man the green light, Forte raided theUp All Night staff, including the Canadian. THE CANADIAN PRESS

Sideline

Mr. D star Gerry Dee launches a beer that tastes like cider

Sitcom star and standup comic Gerry Dee is getting his own beer.

The Mr. D lead is partnering with the start-up Alcohol Company to launch Crazy Beard Wild Apple Ale.

The malt-based beverage made with barley hops is flavoured with apple concentrate and is billed as "a beer that tastes like a cider."

Crazy Beard will be available in Ontario.

Dee stars on the CBC-TV sitcom Mr. D as a bumbling high school teacher. THE CANADIAN PRESS

Celebrity roast. Snoop Dogg, Shaq to fry Bieber

Rapper Snoop Dogg, former NBA star Shaquille O'Neal and lifestyles guru Martha Stewart are among the celebrities set to skewer Canadian pop star Justin Bieber at his upcoming roast.

The eclectic list of roasters also includes rapper Ludacris, and comedians Hannibal Burress, Chris D'Elia, Natasha Leggero and Jeffrey Ross. Though Bieber wanted fellow Canadian actor Seth Rogan to take part, the comedian's name was not on the list.

Comedy star Kevin Hart will host The Roast of Justin Bieber. It will premiere March 30 on The Comedy Network.

Bieber, who is featured on the latest cover of Men's Health magazine, was this week denying accusations on social media that the topless shoot was photoshopped. THE CANADIAN PRESS

Justin Bieber GETTY IMAGES

International Women's Day is an opportunity for anyone to get involved, and Plan Canada has created a number of ways for Canadians to take action. CONTRIBUTED

Lots worth celebrating, progress still to be made

Plan Canada. Because I Am A Girl tackles gender inequality around the globe

JEN TRAPLIN
For Metro

For more than 75 years, Plan, one of the world's oldest and largest international development agencies, has been working to end global poverty in an effort to improve the lives of children worldwide.

Plan works in 70 countries, including 51 developing nations. One of its main initiatives is the Because I Am A Girl campaign, which aims to end gender inequality, promote women's and girls' rights and lift them out of poverty.

International Women's Day is being marked around the world Sunday, and Plan Canada is using the opportunity to shine the spotlight on gender inequality.

"These days are exciting for us because, while we talk about gender issues all year in our work, when International Women's Day comes around, it's an opportunity for us to engage more broadly with people who may not do that day in and day out like we do," said Kristy Payne, Plan Canada's vice-president of communications and public engagement.

"We're excited because it's an opportunity to recognize women's rights and achievements and to get everyone around to celebrate how far women have come."

While International Women's Day is a time to celebrate, it's important to acknowledge there are still many challenges women and girls face all over the world, but also here at home.

Payne said one of the ways we can help end global poverty is acknowledging the connection between education and women's empowerment.

"Sixty-two million girls around the world aren't going to school. We know that education for women and girls is key," she said, adding that for every year a girl stays in school, her potential income will increase by 15 to 25 per cent.

Plan Canada has created a number of ways for Canadians to engage in their cause, on top of simply making a donation.

For starters, Payne encourages all Canadians to visit becauseiamagirl.ca, a site dedicated to providing information on the issues that affect women and girls. As well, you can share your ideas on how to create brighter futures by using #brighterfuture on social media.

Plan Canada is also part of an alliance of more than 100 organizations that are urging Canadians to sign the Up For Debate petition, which calls for a nationally broadcast leaders' debate during the next federal election, focused on women and girls at home and abroad.

For all of these initiatives, Payne said it's just as important for men and boys to get involved as it is for women and girls, and added she has noticed an increase in male participation.

"They are change makers. They are the ones who can make sustainable change and share different viewpoints with their peers, so we often get men and boys wanting to be engaged in our work."

How you can donate

Plan Canada offers numerous donation options. Commit to a monthly sponsorship or make a one-time donation, including giving a Gift of Hope through its ethical gift-giving program. To make a donation, visit plancanada.ca.

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Three out of four new fathers take paternity leave in Quebec. SHUTTERSTOCK IMAGES

Employers unintentionally assume women will take time off to have children.

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Working toward wage equity

Gender pay gap. Incentives for paternal leave would help, researcher says

JEN TRAPLIN
For Metro

"It's our time to have wage equality, once and for all."

With that statement, made during her acceptance speech for best supporting actress at the Academy Awards, Patricia Arquette has reignited the issue of the gender pay gap.

The message is one that resonates with women all over the world and it's a problem we are certainly not immune to here in Canada.

The World Economic Forum's latest Global Gender Gap Index report places Canada 27th among 142 countries — behind Sri Lanka, Qatar and the Philippines — when it comes to wage equity. On average, women here earn about 20 per cent less than men.

Miana Plesca, an associate professor of economics and finance at the University of Guelph, has been studying the gender pay gap and recently received a grant from Ontario's Pay Equity Commission to further analyze the issue.

She said her research has shown one of the main reasons men are promoted more often and make more money than women is the simple fact that women take more time off work after having babies.

"Some policies which may incentivize men to take as much parental leave as women do would help," Plesca said, adding "we cannot have complete equality in the labour force unless there is equality in the family."

Plesca's research is in line with that of Kate McInturff, senior researcher and director of the Canadian Centre for Policy Alternatives' Making Women Count project.

She said employers are, likely unintentionally, making decisions on behalf of their employees by assuming all women will eventually take leave to have babies while all men won't.

"If you look at Quebec, where they have offered paternity leave, the number of men who take that has tripled since it was introduced — three out of four new fathers take paternity leave. In the rest of Canada, it's one in four," she said, adding it's up to employers to make changes.

"The reality is most families have two working parents and both parents want to take some time off after having a baby and then it seems both parents want to go back to work and, obviously, get paid the same amount."

Equality in the family

"We cannot have complete equality in the labour force unless there is equality in the family."

Miana Plesca, associate professor of economics and finance at the University of Guelph

Canada takes a step back in transgender rights

Rachel Lauren Clark is a Toronto-based motivational speaker and LGBT rights advocate. CONTRIBUTED

Civil liberties. Advocates say Bill C-279, which adds gender identity to Canadian Human Rights Act, will subject group to sexual harassment

JEN TRAPLIN
For Metro

When it comes to equality and recognizing women's rights, Canada has a lot of which to be proud.

But the country continues to fall short in its efforts to protect one of its most vulnerable groups — transgender women.

Canada has made some progress in this area — a number of provinces have adopted trans-inclusive protections — but, at the federal level, an amendment to transgender rights bill C-279 is causing outrage among the trans community and its supporters.

The bill, which recently passed in the Senate, seeks to add gender identity to the Canadian Human Rights Act. Before it passed, though, Conservative Sen. Don Plett, citing safety issues, added an amendment, exempting it from applying to "sex-specific" facilities, like public washrooms.

The amendment has been denounced by the Canadian Civil Liberties Association and some Liberal and NDP senators.

Rachel Lauren Clark is a Toronto-based motivational speaker and LGBT rights advocate.

She believes forcing transgender women to use gender-assigned washrooms subjects them to sexual harassment. So, while Plett may think the amendment protects women, what it's really doing is putting an already susceptible group even more at risk, Clark said.

"This amendment is really an attack on females as a whole," she said, adding it sends the message that women should be evaluated based on their appearance.

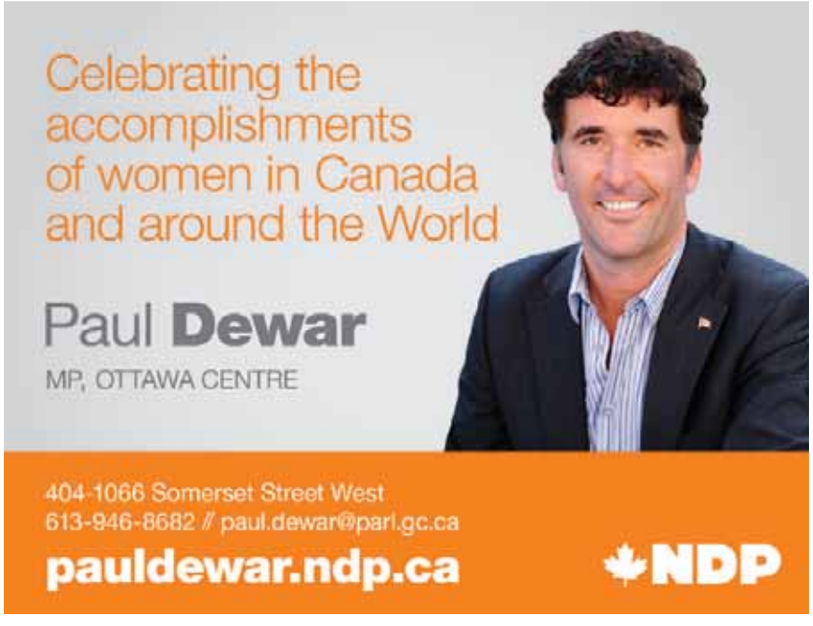
"He's defining trans women by what he thinks are their secondary sex characteristics — meaning do they have a penis or a vagina — and if that's the only criteria, then who is going to check genitals when we're going into the washroom?"

Clark said she knows many cisgender women who may not necessarily look feminine, and wondered what people will say when they see those women in the washroom.

"When you start delineating that down to its very atomic level, you start to get into an area where you're saying you have to be this kind of vision of female to use the washroom and, as women, we should be outraged about that," she said.

"This isn't just an assault on trans women, but on all women."

The bill has been sent back to the House of Commons for further debate.



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Changing with the times, Women's Day still aimed at gender equality

Make It happen.
Theme for 2014 encourages effective action for advancing and recognizing women

IZABELA SZYDLO
For Metro

Global recognition

International Women's Day is an official holiday in 28 countries around the world, including Cuba, Angola, Cambodia, Eritrea, Madagascar, Moldova, Russia, Vietnam, Belarus, and China and Nepal (for women only).

Hashtags now coexist with placards, and the socialist roots of International Women's Day have branched out to become a rallying point for the social, economic and political advancement of women, and to celebrate how much has been accomplished.

But, despite its different incarnations throughout the last century, the aim of the annual event remains the same: push governments to recognize the necessity of sex and gender equality in law.

"There's a really seductive tendency to say women are equal and then you look closer and you realize there are still lots of challenges," said Doris Mae Oulton, president of the Canadian Federation of University Women, a non-profit, equality-seeking organization of female university graduates, students and associated members. "You need a way of focusing people's attention, and International Women's Day does that while also seeing diverse groups meet on common ground to talk about how to proceed with issues."

International Women's Day is celebrated with a wide range of events around the world on March 8. SHUTTERSTOCK

Observed on March 8, International Women's Day is celebrated around the world through a wide range of events including marches, conferences, workshops and fundraisers under a common theme that changes yearly.

The theme for 2015, Make It Happen, encourages effective action for advancing and recognizing women. Many organizations also choose themes specific to their cause.

"If you talk to a woman for more than 10 minutes, you will find something she is passionate about in terms of equality," Oulton said. "She may not see herself as a feminist, but she will certainly have an area in her life that resonates with the advancement of women."

So if the objectives of International Women's Day are eventually met, will there be a day when the event won't be needed?

"The hope is that one day we won't need the reasons why it started," Oulton said. "But if we've done it all, we still need a way to shine a light on that and I hope at that point International Women's Day evolves into a celebration of just all of our accomplishments."

What's happening in Ottawa

- **International Women's Day Breakfast hosted by Coun. Diane Deans**
- **WHEN:** Friday, from 8:30-10:30 a.m.
- **WHERE:** 3590 Rivergate Way, first floor ballroom
- **WHAT:** Since 1997, Deans has hosted this annual celebration of women, featuring a number of keynote speakers.

- **Blush**
- **WHEN:** Saturday at 7 p.m.
- **WHERE:** National Arts Centre (53 Elgin St.)
- **WHAT:** An evening of pampering, beauty and fun, including a red carpet entrance, hors d'oeuvres, pampering stations, beauty bars and more.

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Liquid Assets

Celebrating mulled wine

LIQUID ASSETS
Peter Rockwell
@therealwineguy
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If you blinked, you may have missed National Mulled Wine Day on March 3.

In a world happy to acknowledge the existence of everything from beer (April 7) to tequila (July 24) with their own 24 hours, the idea of giving props to a classic winter beverage makes perfect sense to me.

The great thing is mulled wine is so easy to make.

All you need to do is warm up a bottle of fuller-bodied red (or fortified) wine then add a dash or two of liqueur and a handful of spices.

While the Romans were the first to piece together the recipe, almost every European country has its own version, all of which are readily available online.

Don't spend a lot when it comes to choosing a wine. I prefer using a cheaper red from Spain, Portugal or Chile.

San Pedro's 2013 Gato Negro Cabernet Sauvignon ($8.95 - $10.99) is a well-rounded Chilean with enough guts to take the heat and still turn out tasty.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Online

Drink up with Google

Google is adding "live" cocktail recipes to its search results. Data is drawn from a host of sources to offer not only a list of ingredients for many of the world's most popular mixed alcohol-based beverages, but also step-by-step guides. As the results are live, the recipes and methods will change as trends move on.

APF

Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Turn your kitchen into a cooking class

Breakfast. Replace bulky pancakes with these Thin Crepes and get the little ones involved

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

School-aged children are getting a week-long recess this month, leaving parents to plan an action-packed week for the entire family.

While that usually means plenty of outdoor fun, it's wise to have indoor activities in your back pocket should Mother Nature not co-operate. Enter an at-home cooking class featuring a breakfast staple: crepes.

They're easy to make, extra-tasty — especially when doused in a homemade sauce — and a great way to get the kids in the kitchen.

Who knows: You might discover that you have a Ricardo-in-training in your midst.

1. In a bowl, combine the flour, sugar and salt. Add the eggs, 1/2 cup (125 ml) of the milk and the vanilla and whisk until smooth. Gradually add the remaining milk, stirring constantly. Whisk in the melted butter.

2. Preheat a 9-inch (23 cm) non-stick skillet over medium heat. When the skillet is hot, brush it with butter.

3. For each crepe, pour about 3 tbsp of batter in the centre of the skillet. Tilt the skillet to spread the batter evenly until it covers the entire bottom of the skillet. When the edge peels off easily and begins to brown, flip the crepe with a spatula. Continue cooking for about 10 seconds and then remove from the skillet.

4. Place the cooked crepes on a plate as you go. Cover with aluminum foil to keep them from drying out and to keep them warm. Delicious with maple syrup or blueberry sauce.

FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED IN 2014.

Ingredients

- 1 cup (140 g) unbleached all-purpose flour
- 2 tbsp sugar
- 1 pinch salt
- 2 eggs
- 1 1/2 cups (375 ml) milk
- 1/2 tsp (2 1/2 ml) vanilla extract
- 1 tbsp (14 g) unsalted butter, melted
- Softened butter, for cooking

This recipe makes about 14 crepes. COURTESY RICARDOCUISINE.COM

This recipe makes about 3 cups (750 ml) of sauce. COURTESY RICARDOCUISINE.COM

Topping. Quick and Easy Blueberry Sauce

1. In a saucepan, combine water, sugar and cornstarch with a whisk. Add blueberries. Place the pan on the stove over medium heat and stir with a wooden spoon until sauce simmers.
Let it cook 1 minute.

2. Remove from the heat and then let sauce cool for about 30 minutes. You can keep the sauce in the refrigerator and reheat it in the microwave oven, if needed.

RICARDO

Ingredients

- 1/2 cup (125 ml) water
- 1/4 cup (53 g) sugar, or more to taste
- 2 tbsp cornstarch
- 4 cups (560 g) frozen blueberries

Blondin looks to build on breakout season

Ottawa's Ivanie Blondin won five World Cup medals in the mass start earlier this season. KAZUHIRO NOGI/AFP/GETTY IMAGES

Speedskating. Ottawa native eyes podium at world allround championships after winning several medals earlier in season

Ivanie Blondin has had a breakthrough season so far on the international speed skating scene.

The 24-year-old from Ottawa is now looking forward to having a strong showing at the ISU world allround championships this Saturday and Sunday at the Olympic Oval in Calgary.

"The home crowd is definitely an advantage when you feel that energy and people screaming," Blondin said. "A lot of people say, 'Don't you feel more pressure?' To me it's not really necessarily more pressure. To me, it's nice to be at home, and I can be eating the same food that I'm used to, and be in my own bed, and kind of have my family there to support me, too."

Canadian skaters

The championships will feature 24 female and 24 male skaters from 18 countries.

- Regina's Kali Christ will compete with Blondin in the women's races, while Denny Morrison of Fort St. John, B.C., and Calgary's Ted-Jan Bloemen will represent Canada in the men's races.

Last month in Heerenveen, Netherlands, Blondin won silver in the women's mass-start race at the speed skating world single distance championships. She has also won five World Cup medals in the mass start — two gold, two silver and a bronze — to go with another bronze in the 5,000-metre event earlier in the season.

After not skating up to her potential at last year's allround in Heerenveen, Blondin has higher expectations for herself this year.

"I'm looking forward to see what I'll be able to do this weekend," said Blondin, who started out as a short-track speed skater at age 14 before switching to long track at 20. "Coming from short track and having to race all those distances when I was younger, I think it kind of helped me build the sprint ability as well as the long distance. I think that's kind of why I'm more of an all-round skater when it comes to world allrounds."

To accomplish her goal of finishing in the top eight, Blondin will have to skate well in both the 500- and 3,000-metre races on Saturday and the 1,500 metres on Sunday to be among the eight qualifiers for the 5,000 metres later that same afternoon.

"I'm better in the long distances, but I've also proven this year that I can be pretty fast in the shorter distances as well," she said. "If I happen to get into the 5K then I could potentially better my ranking in that sense because I'm better at the 5K and the 3K than I am at the sprint distances."

THE CANADIAN PRESS

Jays prospects hone their skills Down Under

A former collegiate football player, Anthony Alford is new to pro baseball. But the Blue Jays prospect has already taken his bat and glove Down Under.

Toronto minor leaguer Jack Murphy, meanwhile, is somewhat of a baseball celebrity in Australia.

While both are currently in spring training with the Jays, Alford and Murphy have used the Australian Baseball League to hone their skills playing winter ball for the Canberra Cavalry.

"A great experience," said Alford, a soft-spoken outfielder who spent three months playing in Australia over the winter.

The Jays have sent prospects to Canberra the last four years with the 26-year-old Murphy enjoying three stints in Australia.

"I love the league there," he said. "You learn how to play to win. And it gives the chance for some of the Blue Jays minor-league guys to come down and develop and work on their skills so when they get back here, they're better off and farther down the road."

Quoted

"I can say I've definitely gotten a hell of a lot better playing in that league."

Blue Jays prospect Jack Murphy on the Australian Baseball League

Murphy was named the Calvary's MVP in January. He also picked up the club's Player's Player and Silver Slugger awards.

The 20-year-old Alford played quarterback at the University of Southern Mississippi before transferring to University of Mississippi to play safety. A third-round Jays pick in 2012, he told the team last fall that he was going to focus on baseball. The timing was perfect for the Australian league.

"I didn't want to just sit around in the house and do nothing. I'd rather be playing somewhere, training," Alford said. THE CANADIAN PRESS

Outfielder Anthony Alford played football in university before deciding to focus solely on baseball last fall. RICK MADONIK/TORSTAR NEWS SERVICE

MLB

Darvish pitches well before injury

Rangers ace Yu Darvish left his spring training debut Thursday with tightness in his right triceps, after pitching a scoreless first inning against Kansas City. Darvish gave up a leadoff single before retiring the next three batters. THE ASSOCIATED PRESS

Curling

Gushue seals place in playoffs

Newfoundland and Labrador's Brad Gushue handed Northern Ontario its first loss of the Canadian men's curling championships and vaulted into the playoffs.

Gushue edged the Brad Jacobs foursome 6-5 in Thursday morning's draw. Northern Ontario dropped to 9-1, while Newfoundland moved to 8-2. THE CANADIAN PRESS

Brad Gushue THE CANADIAN PRESS

Golf

Holmes' 62 earns him Cadillac lead

J.B. Holmes had a tap-in eagle to go along with eight birdies for a 10-under 62 to build a four-shot lead after the opening round of the Cadillac Championship. Meanwhile, world No.1 Rory McIlroy stuttered with a 73. THE ASSOCIATED PRESS

Basketball

Players association: NBA will want lower go pro age

An attorney for the union representing NBA players strongly indicated Thursday that the association will want players to again have the age limit for going pro lowered in the next round of collective bargaining.

National Basketball Players Association general counsel Gary Kohlman said "quite likely the union will be taking a radically different position" than the NBA on the age issue, which will almost certainly be a contentious point between the sides when they sit down in the future. THE ASSOCIATED PRESS

TSN's Twitter disaster could lead to more caution on the keyboard

Social media. Phaneuf, Cuthbert and Lupul's lawyer got an apology, wants further justice

An inflammatory tweet that appeared on TSN has served as a reminder that while social media may appear to be a lawless land filled with snark, vitriol and half-truths, it's also subject to the same scrutiny — and libel laws — as newspapers or television.

And, legal experts say, public figures are becoming increasingly savvy about shutting down the online rumour mill. TSN apologized earlier this week after a tweet from a fan about Maple Leafs captain Dion Phaneuf, his wife Elisha Cuthbert and forward Joffrey Lupul ran on a live crawl at the bottom of the screen during Monday's NHL trade deadline show.

The apology followed a legal threat from a lawyer representing Phaneuf, Cuthbert and Lupul. "That's the main goal: you want to just end the story," said the trio's lawyer, Peter Gall. "There's just no truth to it."

Gall threatened legal action this week against the network and the tweeter, Anthony Adragna. The network said the tweet was broadcast despite protocols to prevent inappropriate social media posts from making it to air, though they haven't explained how the offending post made it onto live TV. TSN has said it will no longer air public tweets during live coverage.

Gall said Phaneuf and Cuthbert had grown familiar with "outrageous" false statements being made about them online, but seeing them broadcast on TSN was the final straw.

"You can't sue everybody who says something to you for defamation, but there reaches a point where you just have to do something. That point was reached once it was re-published on TSN," he said.

While TSN already apologized, Gall said he's hopeful he will also reach a resolution with Adragna's lawyer soon. Adragna did not immediately respond to requests for comment on Twitter, but he has since deleted the post.

Defamation lawyer Peter Downard stressed that the same libel test applies everywhere, even on Twitter. If a reasonable person could consider a statement to be damaging to another's reputation, then it can be the subject of a defamation lawsuit.

Quoted

"People have to understand that when they are publishing on the Internet, through whatever type of Internet communication, they're publishing to the world at large."

Defamation lawyer Peter Downard

Downard said a defamation lawsuit can be successful whether a tweet is seen by 100 people or one million, though he added that the amount of damages awarded would likely be smaller if the audience is smaller.

"People have to understand that when they are publishing on the Internet, through whatever type of Internet communication, they're publishing to the world at large," he said. "They can hurt people and they can be held responsible for that." THE CANADIAN PRESS

Elisha Cuthbert and her hockey-playing husband Dion Phaneuf took legal action this week after TSN ran an inflammatory Tweet from a fan in its scrolling ticker during Monday's trade deadline coverage. CHRIS POLK/GETTY IMAGES

Manning's back: No. 18 commits to 18th season

The Broncos announced Thursday that Peyton Manning will be back for the 2015 season. JUSTIN EDMONDS/GETTY IMAGES

Now that No. 18 is officially coming back for an 18th season, Peyton Manning can focus on learning the West Coast offence.

And general manager John Elway can use the savings from his quarterback's relatively modest pay cut to find some fixes in free agency.

Manning passed his physical and signed his revised contract Thursday that calls for him to make $15 million in 2015, a $4 million reduction in pay — every penny of which he'd get back if the Denver Broncos win the Super Bowl.

"Well, we're excited it's over and glad we can move on and glad Peyton's going to be a part of this team and hopefully win a championship next year," general manager John Elway told the team's website. "I think this time of the off-season is always tough for everybody. And it's a tough part of the business but it's the time of year that we've got to put the best football team together that we possibly can."

Manning was non-committal about returning after the Broncos' playoff loss to the Indianapolis Colts. But he's now determined he still has the health and hunger to keep playing at age 39 for new coach Gary Kubiak.

Elway asked Manning to take a pay cut and it took nearly a month to hash out the new deal reached Wednesday that was contingent on Manning passing his annual physical. Every year, the Broncos medical staff checks on Manning's surgically repaired neck to make sure there's not any degeneration in the discs above and below the ones that were fused in 2011.

Manning, whose contract still calls for him to make $19 million in 2016 should he decide to play into his 40s, will return to Denver for the start of off-season workouts on April 13. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Do something dramatic and decisive today but make sure you know what you are doing because the planets warn you could easily overreach yourself.

♉ Taurus
April 21 - May 21
If someone gives you a hard time today don't take it to heart. Most likely they need to let off steam and you happen to be the closest target.

♊ Gemini
May 22 - June 21
If you go to extremes today it will cause more problems than it solves, especially on the work front where you would be wise not to change routines you have grown used to.

♋ Cancer
June 22 - July 23
Do you follow your instincts or your friends? You must answer that today. First, you need to decide what means the most to you: ambition or popularity.

♌ Leo
July 24 - Aug. 23
Changes at work will move in your favour over the next few days, so be ready to take advantage of opportunities and don't feel too sorry for colleagues who fall out of favour.

♍ Virgo
Aug. 24 - Sept. 23
With the Sun and Pluto linking across favourable areas of your chart today it may seem you can't lose. But Pluto can be deceptive, so it might be wise not to push your luck.

♎ Libra
Sept. 24 - Oct. 23
If the only way to get what you want is to reveal something about yourself that you would prefer to keep secret maybe you are on the wrong track.

♏ Scorpio
Oct. 24 - Nov. 22
With the Sun energizing your ruler Pluto, you are the proverbial irresistible force. However, if you go too far now you may have to pay for it later.

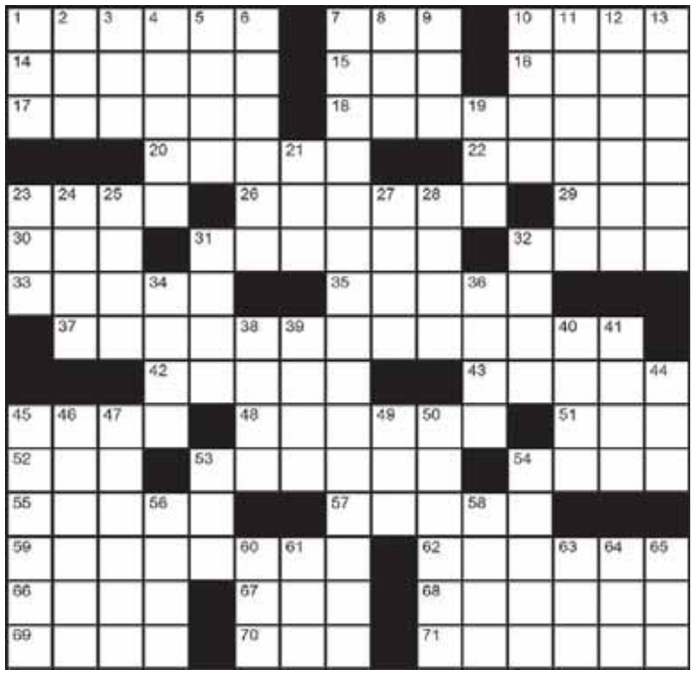
♐ Sagittarius
Nov. 23 - Dec. 21
The thing to keep in mind is that you have nothing to prove. Certain people will try to make you feel like a failure but the only real failures are those who never aim high or take risks.

♑ Capricorn
Dec. 22 - Jan. 20
You are in a positive mood and that's good because there is so much that needs to be done. But don't try to do it all in one go because even if you succeed you will exhaust yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You want to do something one way but everyone else wants to do it another way. Just get on and do what you feel is right and most people will come round to your way of thinking.

♓ Pisces
Feb. 20 - March 20
If you want to make changes, now is the time. No matter how laidback a Pisces you happen to be today's Sun-Pluto link will spur you into action.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Niagara Falls: A Poem, in Three __ by James K. Liston
7. __ Jones
10. MC __ Kat, Paula Abdul co-star
14. Green-on-copper
15. Numero __
16. Popular palindrome's parts
17. French for 'not me': 2 wds.
18. Namugenyi 'Nam' __, Canadian journalist who used to be a MuchMusic VJ
20. Bestow with a trait
22. Bubbly treats
23. Climax
26. Sandbanks
29. 'Chlor' completer
30. Camcorder-in-use butt.
31. Alberta hamlet near Red Deer
32. Some supermarkets
33. "Hurray!"
35. __ Mountains, in BC
37. Monopoly's 80th Anniversary! Props for the popular board game's mascot Mr. Monopoly: 4 wds.
42. Insects sci.
43. Burger slice
45. CBS' "The Talk" co-host Julie
48. Prince of Monaco
51. Sister
52. Attila the Who?
53. Celine's "The Prayer" duettist
54. Informality
55. Canadian pollster, Dr. __ Reid
57. Exclusive circle
59. Honoured as a 'Sir'
62. Toronto: Yonge-__ Square
66. Phoned
67. "__ the Dog" (1997)
68. Mythological mountain nymphs
69. Parisian 'souls'
70. "All bets __ off."
71. Dances, concert-pit-style

Down
1. Regime de Pensions du Canada ...what is its English acronym?
2. US motorists org.
3. Pre-daylight times [abbr.]
4. Wristwatch brand
5. "__, __, you noblest English." - Shakespeare
6. "Because I __ __!" (That's why!)
7. Prince William's title: 3 wds.
8. US covert maritime gr.
9. "Super!"
10. Trigonometry ratio
11. Coffee makers company
12. Ontario community between Sarnia and London
13. Joshes
19. Mr. Milne's
21. 1989 'Weird Al' Yankovic flick
23. 'Bound' suffix
24. Bog stuff
25. Repeat
27. Elvis' variant middle name
28. Starring part
31. Saint __, NB
32. "I'd consider __ __ honour..."
34. Candid
36. William Wallace, for one
38. Get _ __ (Sunbathe)
39. Stated
40. Singer Ms. Simone
41. 'Right' suffix
44. Navigator's dir.
45. One of the body's points of spiritual power
46. English actor Charlie
47. Google = Search __
49. 'Velvet' suffix
50. Unsystematic
53. Wood variety
54. Sea eagles, variantly
56. Australian boots
58. Overseas currency
60. Defunct airline
61. Bunny's one-of-two
63. Morse 'T'
64. Fruit drink
65. Stuck keyboard letter between 'A' and 'D'

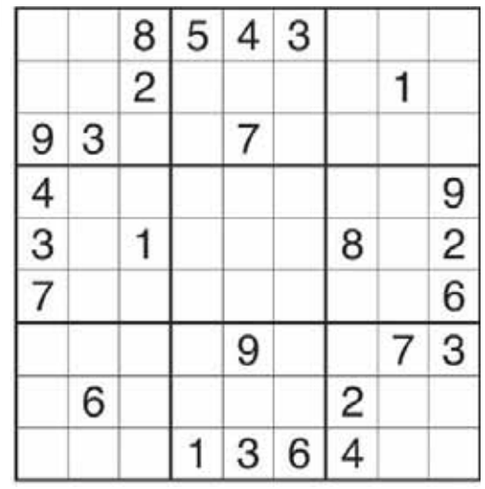
Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

4	1	5	9	7	3	2	8	6
3	9	6	1	2	8	5	4	7
8	2	7	4	5	6	3	1	9
7	5	8	2	4	9	6	3	1
2	6	9	3	1	7	4	5	8
1	4	3	8	6	5	9	7	2
9	8	4	6	3	1	7	2	5
5	3	1	7	9	2	8	6	4
6	7	2	5	8	4	1	9	3

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